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HOME CARE FOLLOWING ENDODONTIC SURGERY:

1. Use **ice packs** on the face over the surgical area for 20 minutes out of every ½ hour for the next 6 hours. Following this recommendation will help to decrease inflammation, post-op pain, swelling, and discoloration.
2. Do not lift or pull on lip – this might cause tearing of the sutures and an interruption of the healing process.
3. Try to **rest** as much as possible and keep activity to a minimum for the remainder of the day. Swelling can be minimized by elevating your head with two pillows while sleeping or resting.
4. Starting 24 hours after surgery – gently rinse the mouth with warm salt water (1/2 teaspoon salt to a glass of warm water) after each meal and before bed. Continue using the salt water rinse until sutures are removed and healing is complete.
5. Try to keep the mouth and surgical area as clean as possible. Brush the teeth in the surgical area using care not to disturb the sutures.
6. **Good nutrition** is important to promote rapid healing. Eat foods that will be nourishing but will not require vigorous chewing (eggs, soup, cereals, milk, etc). Chew away from surgical area.
7. Smoking will delay healing. Do not drink alcohol while taking any prescription pain medication.

WHAT TO EXPECT FOLLOWING ENDODONTIC SURGERY:

1. Soreness and discomfort will usually be present while severe pain seldom occurs. Aspirin, Tylenol, or Ibuprofen (Advil or Motrin) should be adequate to help keep most tenderness under control. Take this medication as soon as possible while you are still numb from treatment so it can start to work right away. For patients who can take ibuprofen, many find that 400-800 mg. (2 to 4, 200 mg. over the counter tablets) taken 3-4 times daily will work to relieve most symptoms. Keep in mind that the maximum daily ibuprofen dosage should not exceed 2400 mg. Some patients will benefit by adding 2 regular strength Tylenol (acetaminophen 325 mg.) between the doses of ibuprofen. If this fails to restore comfort, please fill the prescription for the pain medication given to you and take as directed. If an antibiotic was prescribed, make sure to fill the prescription and take as directed.
2. Slight bleeding during the first day can be expected. Remember, a lot of saliva with a small amount of blood looks like a lot of blood.
3. Some swelling and discoloration of the outside tissues is unfortunately normal. Expect the swelling to increase for 2 to 3 days and then start to subside. Swelling will usually appear to increase in the morning. This is a normal part of the healing process and is not related to infection.
4. There is often a normal, temporary loss of feeling to the tooth or surrounding gum tissue. The tooth may also feel loose for a time.
5. **PROPER CARE FOLLOWING SURGICAL PROCEDURES WILL HELP TO QUICKEN RECOVERY AND PREVENT COMPLICATIONS.**

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE FOR ADVICE AND FURTHER INSTRUCTIONS. THANK YOU.