



HOME INSTRUCTIONS AFTER ENDODONTIC SURGERY

1. If you smoke, try not to since smoking will delay healing.
2. Do not lift lip to examine the stitches. This may cause the tissue to tear.
3. Swelling is a normal response to endodontic surgery; a part of the healing process. Minimize swelling by placing ice packs on the side of the face (in the area of the surgery) for 20 minutes on and 20 minutes off for the first 36 hours. After 48 hours, you can place warm, moist towels on the face, over the operated area, to help reduce any swelling or discoloration.
4. It is very important to keep your teeth and gums clean especially in the surgical site. You can accomplish this by carefully brushing your teeth and rinsing with warm salt water (1/4 teaspoon of salt in 1/2 glass of warm water). Rinse every 3 to 4 hours. It is especially important to rinse after every meal and keep food from packing in and around the teeth and gums.
5. Antibiotics must be taken as scheduled until gone, even if symptoms disappear. Take pain medication as needed. This is usually necessary during the first 36-48 hours after surgery. Remember, medication taken by mouth requires at least 45-60 minutes to begin working and longer if taken after a meal. If no pain medication is prescribed, you can take Advil*, aspirin, or Tylenol* as needed.
6. When eating, try to keep food away from operated area.
7. Drink plenty of fluids.
8. In case of temperature elevation, extreme swelling, pain increasing after 2 days, or if you have any questions, call the office number at any time. If after office hours, you may call the doctor at the number **below**, if necessary.

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