



## Endodontic Post-Surgical Instructions (Apicoectomy)

Gently remove the single gauze packing from the surgical area 30 minutes after you leave the office.

Do not raise the lip to look at that area, by doing so it is possible to tear the sutures and accidentally delay healing.

Some swelling, discomfort, and discoloration is normal and will gradually disappear.

To minimize swelling, apply ice to the face over the surgical site. The ice pack should be used 20 minutes on and 10 minutes off. This should be continued during the first day only.

Rest and avoid any strenuous activities for the remainder of the day. Avoid heavy lifting and athletic activity for several days.

Eat only very soft foods for the first 48 hours. Do not bite hard foods in the surgical area until after the sutures have been removed.

Make sure to drink plenty of fluids.

Starting tomorrow, rinse with warm salt water (1tsp of salt to 8oz of warm water) or your prescription mouth rinse, if given, three times per day for at least one week.

You can brush your teeth but make sure to be extremely careful in the surgical area. Do not brush over the sutures. Mouthwash can be used.

Ibuprofen (Advil, Motrin) is recommended for pain. If you cannot take any anti-inflammatory medications take Extra-Strength Tylenol. If stronger pain relief is needed, take the prescription pain relief, if given, or contact our office.

If there is an elevated temperature, excessive bleeding, swelling, and/or uncontrolled discomfort, please contact our office.

Return to our office for suture removal as directed.