

INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

The following steps will prevent bleeding, reduce swelling and relieve soreness:

- **Take it easy for the rest of the day!**
- **Avoid eating and drinking for the next two hours.**
- **Avoid HOT fluids**, alcohol, hard or chewy foods. Choose cool and soft foods today and tomorrow.
- **When you get home (or in the car if you are NOT driving), apply an ice pack** on the cheek over the treated area. After 20 minutes, remove it for 20 minutes - then reapply to the face. Continue this regime for three hours. This procedure will reduce swelling considerably.
- **If bleeding occurs, apply pressure to the site for a full 10 minutes.** Pressure should be applied by rolling a clean white handkerchief into a pad, placing it directly over the gum tissue and pressing on it. Very slight oozing of blood from the surgical site may be ignored.
- **Painkillers.** Take analgesics like 400mg ibuprofen every four hours for the rest of the day, and tomorrow if needed. If you cannot tolerate ibuprofen take paracetamol, two 500mg tablets 4 times daily. The maximum dose for either drug should not be exceeded.
- **Toothbrushing.** Don't try to brush around the site for about 5 days. Use the mouthwash given to you instead. This should be used when you brush your other teeth morning and evening.
- **Don't be tempted to stretch your lip** or check our handiwork - try not to disturb the tissues and sutures for 24 hours.
- To improve comfort and help the healing process, use hot (as you can tolerate) salt water mouthwashes every four hours or so, commencing the day after surgery, and continue for 2 to 3 days. Add one teaspoon of salt to a tumbler of HOT (as you can tolerate) water - take a mouthful at a time and let it bathe the operation site until it cools, then repeat.
- The next appointment to remove any sutures will only take a few minutes and should not be uncomfortable.

IF YOU ARE AT ALL CONCERNED PLEASE DO RING US ON

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