

## ADVANCED ENDODONTICS

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### What to expect after surgery:

1. Mild discomfort will usually be present for a few days.
2. Some swelling may be present from the time of surgery, 3 - 5 days. If swelling increases between days 3 and 5, please contact our office. Occasionally skin discoloration (bruising) may occur but will resolve in 7 to 10 days.
3. Occasionally, slight oozing of blood from the surgery area may continue for up to 36 hours after surgery. Apply pressure over the face/cheek to control excessive bleeding.
4. Sometimes there is a temporary loss of feeling in the operated area.
5. The operated tooth may be slightly loose for some time.

### Following the instructions below will speed up healing and minimize post-operative discomfort:

1. Rest the remainder of the day and avoid laying flat. You may desire elevating your head with an extra pillow. Place a towel over your pillow in case of bleeding or oozing during the night.
2. To reduce swelling, place an ice bag to the outside of your face over the operated area, directing the pressure toward the teeth. Alternate icing, on and off every 20 minutes. You may continue for the remainder of the day.
3. Take pain medication as directed. If none was prescribed, take over the counter medications as directed:  
**Ibuprofen 600mg every 5 hours or 800 mg every 6 hours. This is recommended to aid in healing for the first 2-3 days for every patient, regardless of discomfort.**  
(maximum of 3200mg/24 hours)  
\*If you have an allergy to Ibuprofen type drugs (NSAID'S), take Acetaminophen (Tylenol) or Aspirin, as directed on the bottle.
4. No smoking, spitting or drinking through a straw. Avoid hot liquids/foods.
5. DO NOT lift or pull up your lip to view the surgical site as this may cause the sutures to come out.
6. Eat regularly but avoid chewing in the surgical area for at 72 hours. Maintain a softer diet. Avoid hot, sticky or crunchy foods.
7. To decrease the risk of infection, continue good oral hygiene by brushing your teeth normally. However in the surgical area, **BRUSH LIGHTLY**. DO NOT use a water pik until healing is complete.
8. Do not rinse your mouth the day of surgery. Starting tomorrow, use Peridex twice per day until the suture removal appointment.
9. Return for suture removal on: \_\_\_\_\_

If you have any questions or if you experience severe pain, fever, excessive swelling or bleeding please call 503.718.0095 (during office hours).

In case of life-threatening emergency, please call 911.