



## RANCHO BERNARDO ENDODONTICS

### Instructions Following Endodontic Surgery

- Apply ice to the face over the surgical area for 20 minutes on & 20 minutes off for the next 2-4 hours. This will keep swelling to a minimum.
- Some swelling, as well as discoloration may appear following surgery & will gradually diminish.
- As the local anesthetic wears off, there may be a temporary period of discomfort. An analgesic taken for two days following treatment is recommended. A good first choice is ibuprofen (Advil, Motrin, etc...) taken at a dose of 600-800mg every 4-6 hours. Naproxen sodium (Aleve) at 440mg is also an excellent choice & can be taken every 8-10 hours. Acetaminophen (Tylenol) is a third choice for those unable to take other medications.
- Slight oozing of blood can be expected during the first day of surgery. If excessive bleeding occurs, please call the office.
- **Do not** raise the lip to look at the surgical area; doing so may cause the sutures to tear & delay healing.
- If you were given prescriptions please have them filled as soon as possible & follow the directions on the label. If you develop any unusual reactions (itching, rash, breathing difficulties, etc...) please discontinue the medication & call our office.
- **Do not** brush directly on the surgical area. Use the solution given to you to rinse after meals & at bedtime. Rinse **gently** with solution and do not rinse with water afterward. You may use a cotton swab dipped in the solution to gently cleanse the surgical site. Brush the rest of your teeth normally.
- A liquid diet should be followed the first 24 hours after surgery; examples would be soup or instant breakfast. After that period, soft foods should be eaten (i.e. eggs or mashed potatoes). Avoid crunchy, hard or chewy foods such as crackers, toast, carrots, chips, steak, etc...until your next visit. **Do drink plenty of liquids.**
- Rest as much as possible the first 24 hours. Elevate your head with at least two pillows when lying down or at bedtime.
- **If you have any questions or concerns please do not hesitate to contact the office.**

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