



**RANCHO BERNARDO**  
ENDODONTICS

### **Instructions Prior to Endodontic MicroSurgery**

- Wear comfortable clothing for the procedure.
- Plan a relaxing, low activity day for the 24 hours after the surgery. We do not expect you to have much discomfort, but we want to allow the area to heal without being disturbed.
- Moderate exertion is not recommended (working out, moving/lifting heavy items) for 72 hours following the procedure
- Do not take any aspirin products for 7 days before the procedure. Non-steroidal anti-inflammatories (Advil, Aleve, etc.) should be avoided 3 days prior to surgery unless instructed otherwise.
- If you were given prescriptions ahead of time, have these filled prior to your appointment.
- You will probably be given a long-acting anesthetic for the procedure that may last 6 or more hours. You should eat a nutritious, moderately substantial meal a couple of hours prior to the procedure. Heavy meals should be avoided. You will be asked to be on a liquid diet for 24 hours after the procedure and then soft foods for a few days.
- Ladies, if you are taking a sedative prior to surgery, please remove all nail polish, gel or acrylic nail coverings. No need to do this if you are only getting local anesthetic.
- A biopsy will be performed on any tissue that is removed by the surgeon during the procedure. The tissue is sent to an independent lab for analysis. The tissue analysis is a separate charge that will be billed directly to you by the lab.

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