

**After Completion of
Endodontic Surgery**

- Do not pull on your lips or cheeks in an attempt to see the surgical site. This may pull the stitches loose and cause bleeding.
- You may eat and drink as soon the numbness wears off. A soft diet is recommended for the first few days. Please limit physical activity during this time as well.
- Continue your normal oral hygiene techniques except in the area of the surgery site. Do not brush or floss the surgery site until after your 1 week recall. In the interim use the prescribed mouthwash (chlorhexidine) twice daily.
- Begin rinsing with a cup of warm water and a teaspoon of salt on the day following surgery. Rinse as often as possible but a minimum of 4 times a day until your 1 week recall.
- Anticipate some oozing of blood from the surgery site for a few days. Expect to have swelling and bruising on the same side of your face as the surgery. To diminish swelling place an ice pack to your face in the vicinity of the surgery site for 20 minutes, then off for 20 minutes. Follow this regimen for the remainder of the day of surgery. On the day after surgery, begin using moist heat (e.g., warm wash cloth, hot water bottle), instead of ice, as often as possible. Continue using the heat for the next 3-4 days. The swelling and bruising usually reaches its maximum around days 3 or 4.
- We recommend over-the-counter Ibuprofen (Motrin, Advil) with 4 tablets (800mg) taken every 6 hours to prevent discomfort. In the event that you are prohibited from taking Ibuprofen, please take 2 tablets of Extra Strength Tylenol every 6 hours. If needed, you may alternate between 4 tablets (800mg) of Ibuprofen and 2 tablets (1000mg) of Extra Strength Tylenol – one or the other every 3 hours. Please begin taking the medication as soon as treatment is complete. The best way to prevent symptoms is to take the medication BEFORE discomfort begins. Continue the regimen for a minimum of 2-3 days.
- If you experience itching or hives after taking any medication, discontinue use and notify the office. If you should experience swelling, fever or discomfort which is not alleviated by medication, please contact our office.
- The office phone number below forwards to Dr. Brown's cell phone in the event of an after hours emergency.