

ENDODONTIC SURGERY POST-SURGICAL INSTRUCTIONS

1. **Bleeding**—Some oozing may continue for a short time, and may even persist until the next day. Maintain gentle pressure by rolling up a piece of gauze from the extra gauze that was sent home with you and gently inserting it between your cheek and gums over the tooth which was treated today. If bleeding persists, place a damp tea bag wrapped in gauze in the same manner. Do not spit, use a straw, rinse, or smoke for 24 hours following this surgery.
2. **Ice**—apply the provided ice pack to your cheek or jaw overlying the treated area for the next 4-6 hours—15 minutes on, 15 minutes off.
3. **Rinsing**—Avoid rinsing for 24 hours from the time of this surgery. You may then begin rinsing with a teaspoon of salt in a glass of warm water. If prescribed, use any mouthwash which has been recommended, too—this may also be applied to the area with Q-tips. Continue rinses until the sutures (stitches) have been removed.
4. **Pain**—A degree of discomfort following surgery is to be expected. Take pain medication as has been prescribed.
5. **Diet**—Avoid eating anything hard or hot today; you may resume a normal diet tomorrow. If you prefer, or if more comfortable, soft food and liquids may be indicated for several days.
6. **Oral Hygiene**—Good oral hygiene is essential following endodontic surgery. Tooth brushing should be instituted the day following surgery, with extra care taken not to brush against the gum tissues in the area of the surgery. Flossing may be done gently in the area of the surgery. Do not use a Water-Pik to clean the area around your surgery until after your post-surgery visit at our office; this may cause bleeding and impair healing.
7. **Swelling and Bruising**—Discoloration and puffiness of the skin and gums around the area of surgery is normal. Do not be alarmed by these. The most swelling is expected on the second post-operative day, and may last for several days.
8. If profuse bleeding persists or if there are any problems not covered by these instructions, please call for assistance.