

HOME CARE FOLLOWING ENDODONTIC SURGERY

Advanced Endodontics, LLC
719-540-5540

- ❖ Do not lift or pull on lip – this may cause tearing and interruption of healing.
- ❖ Use provided cold application over operated area for 15 minutes out of every half-hour for the next 5 hours. Strict adherence to this schedule will hold swelling and discoloration to a minimum.
- ❖ Try to rest as much as possible for the remainder of the day. Elevating your head with two pillows while sleeping or resting can further minimize swelling.
- ❖ Starting 24 hours after surgery – gently rinse the mouth with warm salt water (1/2 teaspoon to 8 oz. glass of warm water) after each meal and before bed. Continue daily until sutures are removed and healing is complete.
- ❖ Brush carefully around the area keeping the mouth as clean as possible
- ❖ Good nutrition is important in promoting rapid healing. Use foods that will be nourishing, but will not require vigorous chewing (eggs, soups, milk, etc.). Do all chewing on the other side of the mouth. Do not use tobacco or alcohol for the first 24 hours.

WHAT TO EXPECT FOLLOWING ENDODONTIC SURGERY

- ❖ Some discomfort will usually be present while severe pain seldom occurs. If aspirin, ibuprofen, acetaminophen fail to restore comfort, please fill the pain medication prescription given to you and take as directed.
- ❖ Slight bleeding during the first day is to be expected.
- ❖ Some swelling and discoloration is unfortunately normal. Expect the swelling to increase for 2 to 3 days and then subside. Swelling will usually appear increased each morning. This is a normal part of the healing process.
- ❖ There is often temporary loss of feeling in the involved area.
- ❖ The tooth may feel loose for a time.
- ❖ THE PROPER CARE (AS OUTLINED ABOVE) FOLLOWING SURGICAL PROCEDURES WILL HASTEN RECOVERY AND PREVENT COMPLICATONS.

Should any condition arise causing you concern, please call the office for further instructions.

Patient Signature

Date