



General Instructions after Endodontic Surgery

Avoid strenuous activities for the remainder of the day. You can use the provided gauze pads, switching them out as they become soiled until bleeding stops. Please note that some slight bleeding is normal throughout the day of surgery. Apply an ice pack to the face over the surgical site in 20-minute intervals (20 minutes on, 20 minutes off), repeating as desired. This will minimize swelling and discoloration. Do not use an ice pack after the first 24 hours. *Optional: warm compress after 24 hours.* Keep in mind that if a bone graft was placed, some particles of grafting material may come out of the site. This is no cause for concern, as the site was adequately packed with bone graft and sometimes excess material will come out.

You can brush your teeth gently in the treated area, **EXCLUDING THE GUMS & SUTURE AREA!** Avoid using a power toothbrush, flossing, or using a Waterpik in this area until after your suture removal. **DO NOT pull or tug on the gums** to see the area, as this could possibly tear sutures. Please note that sutures may come loose over the next several days and this is typically no reason for concern.

Food to avoid:

Hot food, food with sharp edges (i.e. chips), food that requires vigorous biting (such as sandwiches), and food with seeds that can get caught under the suture line.

Food to eat:

Eat soft, cold food (i.e. yogurt, smoothies, cottage cheese, jello, applesauce, pudding, ice cream, scrambled eggs, etc.)

Guidelines for Post-Operative Pain Control

Following endodontic surgery, it is normal to have some soreness in the gingiva and the area of the treated tooth for the next several days. This is due to a healing response near the suture line and root ends, as well as the injection sites. It is normal to have slight swelling, redness, and ulceration in the location that was worked on. In rare events, temporary bruising or numbness may also occur.

Depending on your healing response, the recovery phase may be swift or more prolonged. By the time of your suture removal appointment, the surgical site should only be minimally tender. Please be patient with this process, as it can take several days or up to a few weeks for proper resolution of symptoms.

To aid in your post-op pain control and recovery, the following over-the-counter medications can be used according to the following schedule (as indicated below):

- * Ibuprofen (Advil, Motrin, etc.) 600mg-800mg every 6 hours as needed for pain
- Acetaminophen (Tylenol) 500mg-1000mg every 6 hours as needed for pain

Ibuprofen should be considered the first line for pain management. Acetaminophen can be taken at the same time for maximum pain relief or staggered, if desired. Current studies suggest the combination of these medications has a comparable analgesic effect to prescription opioids, but with less side effects. For this reason, opioids are rarely, if ever prescribed. Doses indicated above are maximum doses, which should be decreased if sufficient pain control is able to be obtained with a lesser dose. As with any medications, please consult your physician regarding their use and any dosage modifications you may personally require. Listed dosages are the general guideline for healthy adults.

If swelling occurs, an antibiotic may be indicated to limit infection. If you experience symptoms of excessive swelling, excessive bleeding, or severe pain, please call our office at 435-674-7430.