

## ENDODONTIC POSTSURGICAL INSTRUCTIONS

### *WHAT TO EXPECT FOLLOWING SURGERY:*

- **Pain:** Some discomfort will be present after surgery. The pain medication that you were given should give you adequate relief from the discomfort. Please ensure that you take all medications only as instructed.
- **Swelling:** There may be some swelling and bruising for 5 to 6 days. This may begin anytime from immediately after surgery up to 2 to 3 days later.
- **Numbness:** There may be temporary loss of feeling in the operated area.
- **Bleeding:** The surgical area may "ooze" blood for several days resulting in your saliva turning slightly red in color. Occasionally sutures come loose prematurely which is acceptable if there is no associated increased bleeding or discomfort.

### *WHAT TO DO FOLLOWING SURGERY:*

- **Activity:** You are to go directly home and rest for the remainder of the day. You should be able to return to work after today. If you took any preoperative anxyolytic drugs (Halcion) prior to the surgery, you may continue to feel some of these effects for a short period postoperatively. If you do not feel like you are able to return to work the next day, you can call us to be evaluated.
- **Cold Compresses:** Apply an ice bag or cold compresses to the outside of your face, over the operated area. Follow an alternating pattern of 20 minutes on and 20 minutes off. Continue the applications for the first 6 to 8 hours of the first day only. This will help to minimize the swelling.
- **Oral Hygiene:** Do not brush the teeth in the immediate surgical area until the day after the sutures are removed, but be sure to brush the rest of your teeth regularly. Rinse the surgical area with one capful of the Chlorhexidine mouth rinse twice daily until the bottle is empty to reduce bacteria and promote healing. Do not swallow the mouth rinse. Avoid lifting or unnecessarily exercising your lip. It is possible to accidentally tear the sutures, open the incision, and delay healing. Do not smoke!
- **Nutrition:** You can eat anything you feel like, but be sure to avoid chewing in the area of the surgery until the sutures are removed. A soft food diet is probably advisable for the first 2 to 3 days after the surgery. It is very important to maximize your intake of fluids, proteins, and supplemental vitamins high in B and C.
- **Follow-up Visits:** Return at the appointed time for suture removal and postoperative follow-up.

*IF YOU HAVE ANY PROBLEMS OR QUESTIONS, PLEASE CONTACT THE SOUTH TEXAS  
ENDODONTICS: Dr. KING Phone: 992-7871*

*IF YOU FEEL THAT YOU NEED TO BE SEEN URGENTLY OR HAVE A DENTAL EMERGENCY;  
PLEASE SEEK EMERGENT CARE.*