



Pro Endodontics

899 S. Weber Rd. Unit B, Bolingbrook, IL 60490

630-277-9373

Home Care Instructions Following Endodontic Surgery:

- 1) For pain, the combination of over the counter Ibuprofen and Tylenol has proven to be most effective.

Provided you do not have allergies or restrictions against ibuprofen or acetaminophen:

We advise taking 400mg-600mg of ibuprofen every 6-8 hours for post-operative discomfort. Please consume plenty of water to allow the ibuprofen to work more effectively and to ease the burden of its metabolism in the kidney organs.

If pain still persist despite 600mg of ibuprofen use, please add 1 extra strength Tylenol (500mg acetaminophen) to the regimen. This will give a helpful synergistic effect. So you will take three over the counter ibuprofen (200mg x 3) plus one extra strength Tylenol (500mg) every 6-8 hours as needed

Rarely, we may need to give you a prescription for pain control.

- 2) If you have been given antibiotics, please follow the instructions and finish ALL of the pills. (Antibiotic use can impair the effectiveness of oral contraceptives.) If an allergic reaction develops (itching, rash, hives) stop taking the medication and call us.
- 3) Sutures are attached to your gums under your lips/cheeks. Do not lift your lip to look at this area as it may tear the sutures.
- 4) Slight discomfort, mild swelling, and bruising can be expected and are normal following surgery. If you experience nausea, fever, severe pain or swelling, call us immediately.
- 5) Mild bleeding is common during the first 24 hours. If this happens, apply mild pressure with a bag of black tea.
- 6) Apply an ice pack on the outside of your face over the surgery site for 20 minutes on and 20 minutes off today. Do not use an ice pack after today.
- 7) Brush and floss your teeth as you normally would, except at the surgical area. Use the peridex mouthwash on the surgical site by dabbing it on with a cotton swab over the next several days.
- 8) Over the next three to five days, do not smoke, engage in strenuous activity, or consume alcohol as it increases the likelihood of bleeding. Do not rinse your mouth aggressively and do not blow your nose aggressively.
- 9) Over the next three to five days, eat a liquid or soft diet of nutritious foods. Avoid using a straw. Eggs, smoothies, milk shakes, yogurt may be good options if they work for you. Avoid crunchy, sharp textured foods or seeds. Avoid spicy foods and hot drinks. Try to keep food away from the surgical site.

Please call us if you have any questions or concerns.

Sincerely,
Dr. Khan

Cell Phone Number _____