

## Post Operative Instructions Following Endodontic Surgery

Sutures are typically removed in 4-7 days. This initial healing time is the most fragile period and requires your careful precaution. Please read and follow the below directions for care during this period. After the sutures are removed, the soft tissue will continue to heal for 6-8 weeks, and the bone will typically heal over the next 6-12 months.

**ICE THE AREA:** Do this diligently for the first 8 hours following surgery. Have at least 2 icepacks or packs of frozen peas / corn that you can rotate through the freezer. It is ok to take a break from icing but try to minimize breaks to less than 10 minutes, and only after at least 20 minutes of icing. Only ice on the day of the surgery.

**BLEEDING:** Some slight bleeding following surgery for up to 24 hours may be normal. Keeping the area iced and your head elevated may reduce any bleeding. If the area bleeds for an extended time, or there is a lot of bleeding, please call the office. If it is after hours, you can call the office phone # and be transferred to the on call doctor. The office phone # is 949-581-8890

Minimize aerobic activity for 48 hours following the surgery or as otherwise advised by your doctor.

**LET THE AREA HEAL:** Do not feel the area or sutures with your tongue as this can dislodge sutures and may disturb healing. A suture will occasionally come loose and this is typically not a problem so long as the tissue remains in place and does not also come loose.

Do not eat near the surgical site. A diet of soft foods or liquids (smoothies, protein shakes, etc) is best during the initial healing. Soft foods like pasta or foods that have been cut into small pieces can be eaten away from the surgical site.

Do not suck fluids from straws or from sports bottles.

Do not brush or floss the affected area. Instead, gently rinse the area with the prescribed Peridex mouthwash for 1 minute twice a day. You can brush and floss all other areas of your mouth except for the surgical area. You will be given further instructions at the time of suture removal.

Do not lift or pull back your lip to look at the surgical area unless absolutely necessary as this can disturb the healing process.

**EXPECT SOME DISCOMFORT AND SWELLING:** We recommend 600 mg of ibuprofen every 6 hours to start. Even if there is no pain, it is advisable to take the ibuprofen for several days to help minimize swelling. Swelling typically peaks between 2 and 3 days after the surgery. Discoloration or bruising of the facial skin can occasionally occur, and although unpleasant, is typically not a cause for concern.

**FOR INFECTION:** If antibiotics have been prescribed, it is very important that they are taken as directed until they are all gone - even if signs and symptoms have fully subsided.