



Instructions Following Endodontic Surgery

1. Do **NOT** use a straw.
2. Keep fingers and tongue away from surgical area.
3. Do **NOT** rinse your mouth until tomorrow, although it is permissible to drink cool or lukewarm liquids.
SMOKING SHOULD BE AVOIDED.
4. Starting tomorrow, rinse your mouth frequently with a solution of 1/4 teaspoon of salt in a glass of warm water. Continue the rinses for a few days, before and after meals.
5. **PAIN** – Ibuprofen (Advil) 600-800 mg every 6-8 hours as needed. If necessary, the doctor will prescribe stronger medication for you.
6. **DIET** – Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, any soft food is permissible.
7. **BLEEDING** – It is normal for the saliva to be streaked with blood for a day. If heavy bleeding is present, fold sterile gauze into a wad and place directly on the bleeding areas. Maintain firm pressure for 20 minutes. The gauze maybe be substituted by a tea bag. The tannic acid in tea has a clotting effect.
8. **SWELLING** – and discoloration – is to be expected in certain areas, usually reaching its maximum two days after the surgery. It will disappear gradually and is no cause for concern. If desired, ice packs may be applied for the first 4-6 hours only, alternating 20 minutes on, 20 minutes off.

DO NOT HESITATE TO CALL THE OFFICE WHEN IN DOUBT: 905-844-5748

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