



Instructions Following Endodontic Surgery

1. The use of **icepacks 20 minutes on 20 minutes off for 2 hours** will reduce risk of swelling.
2. **Rest:** After your surgical treatment, rest as much as possible for the next 24 hours. Do not attempt physical exertion at work or play, for these activities will raise blood pressure resulting in increased bleeding, swelling and pain. Avoid bending over and lifting heavy items the first day. Your discomfort is generally minimal after the first 12 hours. However, there is a wide range of healing patterns among individuals.
3. Do **NOT** rinse your mouth until tomorrow, although it is permissible to drink cool or lukewarm liquids. **SMOKING AND USE OF A STRAW SHOULD BE AVOIDED**
4. Starting tomorrow, rinse your mouth frequently with a solution of **¼ teaspoon of salt in a glass of warm water**. Continue the rinses for 2-3 days, before and after meals.
5. **Pain-** Take pain medication as recommended by your Endodontist. If you were not prescribed a pain medication but are experiencing pain after your appointment, we recommend taking over the counter analgesics (as long as you have no allergies to these medications). **We recommend 600-800mg Ibuprofen every 6-8 hours. Alternatively, you may use Acetaminophen every 6-8 hours if you have an allergy to Ibuprofen.**
6. **Diet-** Cold or lukewarm liquids for the first 4-6 hours post treatment. After this, any soft foods are permissible.
7. **Bleeding-** It is normal for the saliva to be streaked with blood for a day. If heavy bleeding is present, fold a sterile gauze (provided by reception) and place directly on the bleeding areas, subsequently you can use a wet black tea bag and maintain firm pressure for 20 minutes.
8. **Swelling/Bruising-** is to be expected in certain areas, usually reaching its maximum at two days post-surgery. It will disappear gradually and is no cause for concern.

If you have any other questions or concerns, please, contact our office.

Sincerely,

Hepworth & Damas