

## INSTRUCTIONS FOR PATIENTS HAVING ENDODONTIC SURGERY

### *Before the Surgery*

- Avoid taking aspirin within 3 days prior to the surgery.
- **600mg Ibuprofen (Advil) taken one hour before the surgery appointment will help control inflammation after the procedure.**
- Begin rinsing with chlorhexidine (Peridex) or Listerine two times per day starting 1-2 days before the surgery.
- If you are taking a sedative (triazolam) prior to the surgery you will be unable to drive for the remainder of the day once the medication is taken. Please insure that transportation arrangements are made for someone to drive you and to remain with you for the remainder of the day. The usual dosage of triazolam is two tablets (0.5mg) taken one hour before the appointment. There are no restrictions on eating prior to the surgery.

### *What to Expect Following Endodontic Surgery*

- Some discomfort may be present; however, severe pain seldom occurs. If aspirin, Advil, Tylenol, or a prescribed pain reliever does not restore comfort, please phone our office.
- There will be some swelling and possible discoloration (bruising) present for 3-5 days following surgery. This is a normal part of the healing process and is to be expected.
- There is often a temporary loss of feeling in the operated area.
- The operated tooth may feel loose and / or tender for a time.

### *What to do Following Endodontic Surgery*

- **Avoid strenuous activity for the remainder of the day.** Routine, non-strenuous activity is not harmful unless otherwise directed.
- Maintain gentle pressure for at least 10 minutes on the gauze sponge that has been placed over the surgical site. A slightly dampened tea bag placed over the area is very effective in controlling any bleeding that may occur after the 10 minutes, or a new damp gauze sponge may be applied.
- Swelling and discoloration are normal and can be minimized by the use of an **ice pack** on your face, over the surgical area, for **10 minutes on and 5 minutes off**. Alternate these intervals for 5-6 hours. *After 8 hours the ice pack should not be applied.* It is advisable to elevate your head with pillows while sleeping to reduce pressure and potential bleeding.
- **Rinse with one tablespoon of Peridex** (chlorhexidine), if prescribed, or Listerine 2-4 times each day for 5 days following surgery.
- Brush all of your teeth after each meal, but avoid the sutured area for two days. Proper cleansing prevents infection and the objectionable odors and taste that commonly follow surgical procedures.
- **Eat soft foods only for the first 24 hours**, and avoid chewing in the operated area for two days following the surgery. Avoid manipulation of the facial tissues as much as possible. **Do not raise the lip or retract the cheeks to inspect the surgical site** as you may dislodge the sutures.
- Proper nourishment is necessary for optimal healing. Consider supplementing your diet with multivitamins and protein drinks. **Avoid smoking and the use of alcoholic beverages for 3 days.**
- If prescribed, take pain medication and antibiotics as instructed. **It is important to return for the removal of your sutures as appointed.** Be sure to call our office if you have any questions or if any irregularities occur.