

GLASS CITY ENDODONTICS INC.

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Practice limited to Endodontics

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Apical Surgery Postoperative Instructions

1. Swelling – Some swelling is expected. Use of an ice pack with moderate pressure (20 minutes on, 10 minutes off) for the first 5-6 hours will help control the extent.
2. Discoloration – Some discoloration (bruising) of the soft tissues may occur. Again ice will help control the extent of bruising.
3. Bleeding – Bleeding should not be a problem, especially if the ice pack is used properly. However, slight traces of blood may be noted in the saliva for a few hours following your procedure, this is expected
4. Pain – Some pain is normal. Analgesic medications have been discussed (see below). It is recommended to take the analgesic medications “by the clock” for the first few days after surgery. In other words, take the medication at regular intervals as prescribed regardless of whether you are in pain or not.
5. Do not lift your lip or stretch your cheeks to observe the surgical site. If you do, you may tear the stitches loose and cause bleeding and/or delay healing.
6. Rinse your mouth with Peridex as prescribed. Rinsing with Peridex will reduce the chance for postoperative infection and will help the surgical wound heal faster and with less scarring.
7. Eat a soft diet for the first several days and force fluids. Proper nutrition and hydration is important for healing.
8. Call if you have any questions or concerns, especially if any of the following occur:
uncontrollable pain, severe bleeding, marked temperature rise, or excessive hot swelling occurring a few days after your procedure.

Medications

Peridex (1 bottle). Rinse as directed. May temporary stain teeth with prolonged use.

Pain relief: 600mg of ibuprofen (Advil, Motrin or generic) every 6 hours. If ibuprofen alone is not adequate, you may take either of the following (but NOT both) half way between Ibuprofen doses.

1. ONE extra Strength (500mg) plain Tylenol (acetaminophen)
2. If a narcotic/ Tylenol combination is prescribed (for example, Tylenol #3 or Norco) take as indicated on the bottle

Antibiotics (if prescribed) need to be taken until entire course is completed. If antibiotics are taken, a Probiotic supplement is recommended for duration of antibiotic course.