

# After Endodontic Surgery

## Commonly Asked Questions

### Home Care Following Endodontic Surgery

Do not lift or pull on your lip-this may cause tearing of the sutures and interrupt healing.

Use the provided cold packs and/or ice in a baggie over operated area for 20 minutes out of every half hour until bedtime. You may want to place a soft thin cloth between your skin and the pack. Strict adherence to this schedule will keep swelling and discoloration to a minimum and is extremely helpful over the first 24 hours.

Try to rest as much as possible for the remainder of the day. Localized swelling will be minimized by elevating your head with two pillows while sleeping or resting.

Starting 24 hours after surgery, gently rinse the mouth with warm salt water (1/2 teaspoon to a glass of warm water) after each meal and before bed. Continue daily until sutures are removed and healing is complete. The doctors may prescribe a mouthwash to use post-op if they feel it is necessary.

Brush carefully around the area keeping the mouth as clean as possible. Do not brush along the gumline on the side of suture placement.

Good nutrition is important in promoting rapid healing. Eat foods such as eggs, creamy soups, milk, etc. that will be nourishing but will not require vigorous chewing.

**Do not use tobacco or alcohol for at least 24 hours.**

### What can I expect afterward?

Some discomfort will usually be present while severe pain seldom occurs. Please refer to the After Root Canal Therapy section and your doctor's instructions regarding medications. If these do not provide comfort, let our office know this when we check on you the morning following the surgery.

Slight bleeding during the first day is to be expected.

Some swelling and discoloration is unfortunately normal. Expect the swelling to increase for 2 or 3 days and then subside. Swelling may appear more pronounced in the morning for a few days post-op. This is a normal part of the healing process.

There is often a temporary loss of feeling in the involved area. The tooth may feel loose for a time.

**FOLLOWING THESE INSTRUCTIONS CLOSELY AFTER SURGICAL PROCEDURES WILL SPEED RECOVERY AND PREVENT COMPLICATIONS.**

**SHOULD ANY CONDITION ARISE WHICH CAUSES YOU CONCERN, PLEASE CALL THE OFFICE FOR ADVICE AND FURTHER INSTRUCTIONS.**