



What to Expect Following Your Endodontic Surgery

POST SURGICAL INSTRUCTIONS

General Instructions

For the first day after your procedure, rest as much as possible. Do not pull back on the lips or cheeks to look at the area as this can disturb the surgical site and increase complications. Your tooth may be loose for a few days – this is normal.

Food

Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning. Do not eat by the surgical area for one week. Avoid acidic or crunchy foods. Soft nutritious foods will be necessary for the first few days. Be sure to include foods rich in protein and vitamin C. Drink plenty of fluids.

Swelling

Some patients experience minimal swelling for 3-5 days. Swelling can be lessened by placing a cold compress on the face alternating on and off for 20 minutes during the first 24 hours. You may use a hot pack after the first 24 hours if necessary.

Numbness

You may experience some numbness in the area of the surgery for a few days. This is normal and should subside.

Medications

If you have discomfort, you may take 1000mg Tylenol or 400-800mg Advil, Motrin, or Ibuprofen. Take all medications the doctor has prescribed for you according to directions.

Oral Hygiene

It is important to keep your mouth clean following the procedure. Continue with your usual brushing and flossing, however, do not brush or floss the surgical area for at least one week. Use mouth rinse to keep the area clean, but be very gentle. Avoid vigorous swishing. An anti-plaque mouth rinse may be prescribed.

Often the sutures will begin to unravel and come out before your post-op appointment. If they come out within two days of the procedure, please call. Additional sutures may have to be placed. If the

sutures come out after two days and they are bothersome to you, you may trim the dangling ends. Please come to your post-op appointment as scheduled even if the sutures begin to come out.

Follow Up

Return for your post-op appointment as scheduled.

Contact Us

If you have any questions or concerns, please don't hesitate to call us at (206) 343-8929. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.