



INSTRUCTIONS FOR AFTER ENDODONTIC SURGERY

Ice: The day of surgery, after the procedure, continue icing the area (15 minutes on, 15 minutes off) for the next two hours.

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. While sleeping or resting, place pillows behind your head and neck to slightly elevate your head. You may want to protect your pillow using an old towel or pillow case.

Do Not: Raise your lip to look at the sutures. This may disrupt healing or tear the sutures. Avoid alcohol for the first 24 hours.

Eating: Eat what is comfortable for you. Try to avoid eating brittle, crunchy food as well as hard foods that require heavy pressure to chew. Soft foods and liquids are best and avoid chewing on the side that was treated.

Smoking: Please refrain from smoking for the first 48 hours after surgery. Sucking or “dragging” on a cigarette causes a negative pressure in the mouth and enhances bleeding. The chemicals in smoke can delay healing.

Mouth Rinse: AVOID any vigorous rinsing or spitting for the first 24 hours to ensure proper healing and clot formation. If your doctor has prescribed a mouth rinse, start the night of surgery and continue using the mouth rinse as prescribed for one week. (A.M. and P.M.)

Brushing: Maintain your normal oral hygiene program of brushing and flossing **EXCEPT** in the surgical area. Do not floss the surgical area for 10 days. Avoid brushing the surgical site for 1 week. After 2 days you can gently lift the gum and clean the teeth in the surgical site using a q-tip dipped in the mouth rinse.

Discolouration and Bleeding: It is normal to have some discolouration of the tissues around the surgical site. You may notice some slight bleeding at the surgery site after treatment. Discolouration (bruising) of the skin or cheek under the jaw line may occur occasionally. This does not occur with every patient, but if it does, there is no concern.

Pain and Swelling: Do not be alarmed if you develop swelling. Swelling is a normal consequence of manipulating the tissues at the surgical site. It is important to understand that there is a wide range of healing patterns following a surgery. Some individuals have very little pain or swelling the next day. Other people can have more intense pain and swelling for several weeks. Regardless of where you fall on this scale, you can expect to still have some tenderness in that area a week or more after the surgery because it takes time for tissues to heal. It typically takes several weeks for gums to feel normal. It may take the tooth several months to feel completely normal as your body fills in the bone around the tooth.

Sutures: The sutures we placed may begin to fall out or dissolve prior to your post op appointment, this is normal.

Call: The proper care following surgical procedures will hasten the recovery and prevent complications. Do not hesitate to call the office if you have any questions about unusual bleeding or severe pain. In case of an emergency after normal business hours, call the office number for emergency contact information.

ADDRESS

34 Harvard Rd., Unit 4, Guelph, ON N1G 4V8

TEL

519-265-9480

EMAIL

contact@endocare.ca

WEB

www.endocare.ca