



Post Op Instructions:

Endodontic Surgery

Endodontic surgery is an attempt to retain a permanent tooth. Although this procedure has a high percentage of success, occasionally the tooth may need to be extracted depending on the healing response to surgery. You will be monitored closely to observe your healing events post surgery.

To help ensure the optimal healing response to surgery please follow these instructions:

- Starting the next day you can brush the rest of your teeth staying away from surgical site. Also, a warm salt water rinse of 1tsp salt to 8oz warm water after every meal. When rinsing, noting too vigorous the first couple days. Keeping the surgical site clean is imperative to the healing process. Continue this until sutures are removed at one week.
- Keep your tongue and fingers away from the surgical site.
- Try not to pull on the cheek or tissue surrounding the surgical site; although tempting, the tissue is regenerating and needs to be left alone for optimal healing.
- Do not eat hot, spicy, acidic foods or drinks for the first couple days.
- Stay away from foods with seeds such as berries, flax, or nuts. These foods get stuck in the sutures and tissue.
- Cooler foods are recommended for the first two days to reduce inflammation and bruising.
- Sometimes bruising or swelling may occur. Peak inflammatory events are 36 hours post surgery. To help with the inflammatory events 600mgs of ibuprofen is recommended every 6 hours for the next three days not exceeding 2400mgs in a 24 hour period. Most discomfort is caused from the inflammatory events. The better you control the inflammatory events, the more control you will have over your discomfort levels.
- A cold compress for the next 48 hours to the face over the surgical site will also help keep the inflammation to a minimum. The cold compress should be 10 minutes on and 10 minutes off.
- The next 48 hours (starting day 3) you can use a warm compress to the face over surgical site. This will help the blood to circulate and minimize bruising.
- A dissolvable suture may be placed. If the suture comes out or gets loose do not be alarmed. At your one week post op visit we will look at the healing events and take the remaining sutures out.
- If you are given an antibiotic please start taking it as soon as possible and take it as directed until it is complete. Anytime you take any medications make sure you have food in your stomach, some medications can irritate the stomach.