

SOUTHEAST ENDODONTICS, PC

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Instructions Following Endodontic Surgery:

- Please go directly home and take it easy the rest of the day.
- Apply an ice bag to your face over the area that was treated. Alternate 20 minutes on and the 20 minutes off for 6 to 8 hours. This will help reduce the amount of swelling/bruising that will likely still occur. The swelling may be worse in the morning when you get up, and then get better as the day progresses.
- Moderate discomfort is to be expected when the anesthetic first wears off and may continue for several days afterward. Take Ibuprofen as prescribed. The Ibuprofen does two things for you: 1) it helps control the post-operative discomfort, and 2) it is a strong ant-inflammatory agent which helps in the healing process.
- If you have been given a prescription for pain medication, please follow the instructions carefully. Please do not drink alcoholic beverages, drive a vehicle or operate dangerous machinery while taking the pain medication. We prescribe the pain medication as a backup incase the ibuprofen is not sufficient to relieve the discomfort.
- Use the Peridex, mouth rinse two times daily as directed for four to five days. Use the rinse in the morning after eating breakfast and brushing your teeth and also last thing before you go to bed. It is very important to use this rinse because it speeds up the healing process significantly due to its antibacterial action. Also, rinse with warm salt water (1 tsp. dissolved in 8 oz. water) three to four times a day beginning the day after surgery, especially after meals. This also helps with the healing process. Do not use any other type of commercial mouthwashes because many of them contain alcohol and can burn the healing tissues.
- Starting the day after surgery, you can brush your teeth as usual. Please be very careful around the area of the surgery and use a soft toothbrush. Floss gently!
- Please do not pull on the lip or cheek to look at the area of surgery. This can dislodge the healing tissue and significantly delay healing. Slight traces of blood may be noted in the saliva for a few hours after surgery. Avoid chewing on the teeth in the area of the surgery for the first week after surgery. Be especially careful with hard foods.
- If you smoke, please refrain from smoking for 48 hours. This is extremely important! The longer you go without smoking, the faster it will heal.
- Although some swelling and discomfort are to be expected for a few days, the following may be regarded as complications and you should contact us: uncontrollable pain, severe bleeding, marked temperature rise, or excessive hot swelling occurring a few days after the surgery.
- Thank you for giving us the opportunity to serve you and we will see you in a few days for the removal of the sutures. If you have any questions or concerns feel free to call us at **843-766-0112**. Dr. Long's **emergency after hours phone number is 843-822-6467**. If no one answers, please leave a voicemail message and he will call you right back.