

Instructions for Patients after Endodontic Surgery

There may be a slight tendency for bleeding or oozing in or around the area of surgery over the next few hours. We recommend the following:

1. Avoid physical exertion (for 3 days). Go home and take it easy for the rest of the day.
2. Avoid smoking, spitting, and using straws.
3. Place an ice pack on your face adjacent to the surgical area (15 minutes at a time)
4. Eat a soft diet for the first week. Avoid hard, chewy, and spicy foods until the sutures have dissolved. Avoid very hot foods/fluids.
5. Use Chlorhexidine rinse twice a day as instructed. Gently pool this in the area of the surgery.
6. **DO NOT** traumatize/injure the area:
 - a. Do not retract your lip to look at the area of surgery
 - b. Do not eat on the surgical side of your mouth for the first week after surgery
 - c. Brush **GENTLY** starting 5 days after surgery in the surgical area (make sure you gently place the bristles between the gum and tooth)
 - d. Do **NOT** floss between teeth for the first week after surgery
7. The resorbable sutures will usually dissolve 3-7 days after surgery; some take longer, a couple weeks. Please avoid pulling on any loose material as it is usually attached at the other end.
8. There should be minimal pain that can be controlled by taking the medications as instructed.
9. Some swelling as well as bruising of the skin may appear following the surgery and will gradually disappear.
10. If any problems develop please contact our office.