

Post-Surgery Instructions

A few gentle reminders regarding care after endodontic surgery:

- Your tooth and tissue may ache over the next 3 to 7 days. We recommend that you take over-the-counter **Ibuprofen (Advil or Motrin) 600mg every 6 hours** for the next 3 days. If you are unable to take Ibuprofen, you may take 500-1000mg of acetaminophen/Tylenol every 6 hours.
- If Norco or Percocet has been prescribed, take one tablet every 4 hours or two tablets every 6 hours. You should NOT drive while taking this medication. Also do not take acetaminophen/Tylenol when taking this medication as it is already in the medication.
- We strongly recommend that you use an **ice pack** the day of your treatment. This will help to decrease post-operative pain and swelling. Apply the ice pack to the outside of your face over the surgical area for 15 minutes and then leave it off for 15 minutes for the rest of the day.
- Be sure to **use the Chlorhexidine (Peridex) mouth rinse** that was prescribed for the next 7 days as directed. Instead of brushing and flossing the surgical area, we recommend swishing for 30 seconds and spitting out.
- Sutures have been placed to hold the tissue. Do not inspect the surgical area for 48 hours to insure that the sutures will not dislodge, they will be removed at your follow-up appointment.
- Please do not smoke! If you smoke, we ask that you refrain from smoking for at least 24-48 hours after surgery. Smoking delays tissue healing.
- Chew soft and room temperature food for the first 24 hours and avoid chewing/biting in the area of surgery.
- Don't be alarmed if you have some swelling, bruising, and/or discoloration. This is normal following a surgical procedure.
- Mild bleeding is normal; however, if the bleeding becomes heavy and bright red, apply moist gauze or a moist tea bag with firm pressure to the area for 5 minutes. If the bleeding continues, please contact our office. Avoid vigorous activity for the first 24 hours.

If you have any questions or concerns, please do not hesitate to call us. We have enjoyed taking care of you and thank you for allowing us to be a part of your dental care team. If you have an emergency after hours Dr. McNamara may be reached at (206) 799-6168 and Dr. Baiz may be reached at (206) 853-6671.