



Post-op Instructions Following Endodontic Surgery

What to expect:

The area worked on has been traumatized during apical microsurgery. **For the next 48 hours it is NORMAL to feel discomfort** in the area, as your body naturally creates inflammation in healing itself. Some soreness may last for up to one week or more. On occasion, slight bruising or swelling may occur. The anti-inflammatory medication that has been recommended (ibuprofen) will help with most of these symptoms. In addition, please refer to the following instructions:

1. Take **400mg ibuprofen (TWO BROWN over-the-counter tabs) AND 500mg acetaminophen (ONE WHITE extra-strength tab) every 6 hours, for the next 24 hours**. Staying on a consistent dosage of medication will minimize routine post-operative symptoms. The total amount of ibuprofen taken should not exceed 3200mg in 24 hours.
2. If ibuprofen cannot be taken, take 500mg acetaminophen (Tylenol) (one extra-strength over-the-counter tabs) every 4-6 hours for the next 24 hours. The total amount of acetaminophen taken is not to exceed 3000mg in 24 hours.
3. If Norco/Percocet has been prescribed, take one tablet every 4 hours or two tablets every 6 hours in addition to 400mg ibuprofen every 6 hours. You should NOT drive while taking this medication. Also, do not take acetaminophen when taking Norco/Percocet, as it is already in the medication.
4. Use the **ice pack for 20 minutes on then off for the first 8 hours** after surgery. The day after surgery, moist heat (washcloth with hot water) applied to the area may speed the recovery if swelling or bruising occur.
5. **Use the Chlorhexidine mouthwash** morning and night (rinse for 30 seconds, spit out). Do not brush the area with sutures. Take any other medications as prescribed. If taking antibiotics, be sure to finish the entire course of medication.
6. Please avoid eating until the numbness in your mouth wears off to prevent biting your cheek or tongue. The tissue is very fragile and should not be manipulated (no pulling on the lips/cheek). Chew on the opposite side of your mouth and be careful not to traumatize the area while eating by avoiding hard or sharp foods.
7. Keep your follow-up appointments for suture removal and to monitor healing. Resorbable sutures may become loose prior to your appointment, please try not to pull on them.
8. Contact us with questions or in case of an emergency during normal business hours at **(425) 898-4604**. After hours for a dental emergency Dr. McNamara may be reached at **(206) 799-6168**.

Thank you for your visit, and we wish you continued health.