



San Ramon Affiliates

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Endodontic Surgery Post-Operative Instructions

Congratulations upon completing your Endodontic Surgery. We hope the experience has exceeded expectation. The procedure has been a final effort to save a tooth otherwise destined for extraction. To assist in the achievement of a successful outcome, please observe the following instructions:

- Apply a cold compress to the face, in the area over the surgical site, for twenty minutes on and then twenty minutes off, for eight to twelve hours after surgery.
- Please do not pull or stretch your lip or cheek near the surgical site. This action may dislodge the sutures holding the surgical wound closed. The sutures will dissolve in 3-7 days.
- Take prescribed medication(s) as directed. If prescribed Peridex Rinse, start using this prescription mouth rinse 24 hours after the procedure. Rinse two times daily for one week.
- Continue taking medications prescribed by your physician.
- If a medication causes an allergic reaction, stop taking the medication immediately. Allergic reactions may include hives, rash, itching, or swelling.
- Should a life-threatening emergency develop, such as floor of the mouth swelling with difficulty swallowing or breathing, call 911 for immediate transport to the nearest emergency room.
- Slight bruising, swelling, and some discomfort are to be expected after any surgical procedure. These are minimized by using the cold compress technique explained above.
- Maintain good oral hygiene. Avoid brushing at the surgical site for 24 hours. After that time, use a soft toothbrush and clean the area gently. Once the sutures are gone, resume standard oral hygiene practice; brush twice daily and floss before bedtime.
- Stay hydrated and nourished. However, avoid food that may traumatize the surgical wound. Food with sharp edges, or those that are spicy, or hot in temperature, should be avoided. A soft diet is recommended. Food supplements will help provide necessary nutrition. **“Ensure”, is a** product that provides nutrition in liquid form, and is available at most pharmacies or supermarkets.
- REST for the first 24 hours. Reclining with the head above heart level is best. Reclining with a cold compress in one hand, and a good book in the other, works well.
- Return to our office for a post-operative evaluation within 10-14 days.

Your wellbeing is important to us. Please contact our office with any questions or concerns.