

Endodontic Surgery: Post-Operative Instructions

1. If possible, apply a cold compress to the outside of your face in the area of the surgery. Apply the compress in intervals of 20 minutes on, 20 minutes off, for the first 24 to 48 hours. Some post-operative swelling is normal. If swelling does occur, it should begin to decrease after the third or fourth day. If you are concerned, please call the office.
2. Take all prescribed antibiotics and medications as directed, and complete the full course. If you have any questions, please call the office.
3. Do not rinse your mouth vigorously for the first 24 hours. Use prescribed rinses as directed. Begin using after the first 24 hours and continue to use for **1 week only**, use the swabs to apply the rinse, unless otherwise directed by the doctor.
4. Avoid eating on or around the surgical site for 1 week.
5. Avoid any strenuous physical activity for the first 48 hours.
6. Do not raise your lip or pull on your cheek to look at the surgical site. This could tear the sutures.
7. Some bleeding or oozing is normal after surgery. If light bleeding persists, place a wet tea bag against the area for 20 minutes or longer. If bleeding continues, please call the office immediately.
8. Avoid brushing and flossing around the surgical area for the first 7 days. After 7 days, brush and floss **very gently** around the surgical site, keeping contact on the teeth only.
9. **Do not smoke for one week. These actions may disrupt and delay healing.**
10. Some nosebleeding during the first 24 hours is normal. If the bleeding continues or you are concerned, please call the office.
11. Follow any additional instructions given by the doctor.
12. Please call us immediately if you have any questions or concerns. A doctor is always on call.

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