

Sarasota Endodontic Solutions

Endodontics • Microsurgery

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Instructions Following Endodontic Surgery

The following information has been prepared to help answer any questions you may have regarding the surgical procedure that has just been performed. Please read and follow carefully.

- 1. PAIN OR DISCOMFORT:** Some pain or discomfort is expected after. Pain is typically most severe within 72 hours due to inflammation of the surgical area. If you are able, anti-inflammatory medication is best to relieve discomfort. If you are unable, please take Tylenol. Use the prescribed pain medication only if necessary. If the prescribed medication does not control the pain or should the pain increase in severity after 3-4 days, call our office. (PLEASE TAKE ADVIL)
- 2. SUTURES:** Several sutures have been placed to hold the tissue together. Do NOT pull your lips up to look at the surgical site as it may pull the sutures loose. If a suture comes out during the first 24-48 hours, please call our office. If it has been longer than 48 hours, the sutures typically do not have to be replaced.
- 3. BLEEDING:** Some bleeding is normal during the first 24 hours. Blood will mix with saliva and bleeding will seem worse than it actually is. This is normal. If bleeding is excessive, do not rinse. Place gentle pressure against the area of bleeding with moistened gauze. Hold with firm pressure for 30 minutes and repeat if necessary. If hemorrhaging still persists, please call our office.
- 4. SWELLING AND ICE:** Swelling in the area of the surgery, throat, cheek, and part of the neck can be expected. It should be maximal the 3rd day after surgery and start to decrease. To prevent or minimize swelling, it is advisable to place an ice pack over the area 10 minutes on and 10 minutes off, for the next 8-12 hours. Sleeping in an elevated position will minimize swelling as well.
- 5. DIET:** For the first 24 hours following surgery, it is best to restrict your diet to liquid and soft foods. Avoid chewing in the area of surgery. (NO CHEWING GUM OR STICKY FOODS, AND DO NOT DRINK THROUGH A STRAW)
- 6. RINSING/BRUSHING:** Do not brush the teeth in the surgery area for a few days. You may brush and floss your other teeth and after a few days, you may brush the TEETH on the chewing surface, but NOT the GUMS. AFTER the sutures have been removed, you may gently rinse the area with warm salt water 3 times a day to aid in healing.
(MIX: ¼ TEASPOON SALT with 8 oz. WATER).
- 7. GENERAL INFORMATION:** Following surgery, proper rest is necessary in reducing your discomfort and possible complications. Within reason, you may resume your normal activities in a few days.