



Endodontic Surgery: Post-Operative Instructions

1. If possible apply a cold compress to outside of the 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. It is not unusual to have post-operative swelling. If swelling does occur, it should begin to decrease after the third or fourth day. If concerned, please call the office.
2. If prescribed antibiotics, take as directed until all medication is consumed. If you have any questions, please call the office.
3. Do not rinse your mouth for the first 24 hours. If given any prescribed rinses, begin use after the first 24 hours and continue to use for **1 week only**, unless otherwise directed by the doctor.
4. For the first 24 hours, **eat soft cool foods** that can be easily chewed or swallowed. Avoid eating or drinking hot foods or liquids (coffee, soup, tea).
5. Avoid eating on or around the surgical site for 1 week.
6. Do not raise your lip or pull on the cheek to look at the surgical site. This might tear the sutures.
7. A little bleeding or oozing is normal after the surgery. If light bleeding persists, place a wet teabag 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 trying to stay on the teeth only.
9. **Do not smoke for one week and avoid consuming alcoholic beverages for the first 24 hours. These actions may disrupt and delay healing, as well as interact with prescribed medications.**
10. It is not unusual to have a bloody nose during the first 24 hours. 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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