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**ENDODONTIC ASSOCIATES**

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**Endodontic Surgery Postoperative Instructions**

Following your surgery you can expect swelling in the area. Occasionally there may be some slight bruising as well. It may be more pronounced on the second day after surgery. Most patients report only mild to moderate discomfort in the area.

Generally, ibuprofen (i.e. Advil, Motrin, or generic ibuprofen) is a good starting point for pain management. **We strongly recommend that you take 600mg (three over-the-counter 200mg tablets) of ibuprofen every six hours for two days** (unless you have an allergy or sensitivity to ibuprofen, or have been advised not to use it).

If the ibuprofen alone does not provide adequate pain relief, we have also prescribed a narcotic (i.e. hydrocodone or oxycodone) that can be used as directed (generally 1-2 tabs every six hours) in between doses of ibuprofen.

If you prefer to avoid the narcotic medication (hydrocodone, oxycodone), but still have some pain not controlled by ibuprofen, you may take up to 1000mg of acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours in between your doses of ibuprofen in place of the narcotic.

If an antibiotic was prescribed take all of the pills as instructed, unless you experience complications (i.e. rash, diarrhea, etc.).

Use **cold packs** for 15 minutes on and 15 minutes off for 8-10 hours immediately after the surgery. This will be comforting and greatly reduce the post-operative swelling and help control any minor bleeding.

Beginning 24 hours post-op: rinse or **swab the affected area and stitches** two times per day with the **Peridex** mouthwash prescribed. You can also use **warm saltwater rinses** 3-5 times to day if this is comforting.

Do **eat soft nutritious food**. Yogurt, eggs, soups are some good choices. Avoid biting in to hard food such as apples, or bagels with the teeth in the area of the surgery as this can dislodge the surgical flap. Also avoid particulate food like seeds, popcorn, or chips that could become impacted into the gums in the surgical area.

Do **brush your teeth**; just avoid brushing in the immediate surgical area.

Do **contact the office the day after your surgery** to check in, or leave a number where we can reach you.

DO NOT exercise or do a lot of talking today, plan a restful day tomorrow as needed.

DO NOT excessively stretch or lift the lips and gums in the area. (We know the stitches are cool but you can't go showing all of your friends.)

If you experience **swelling or pain** that is not comfortably controlled by the medications prescribed or complications with your medicines, please **call the office 410-647-3453** during regular hours. **For an after-hours emergency you may contact Dr. Mangan, Dr. Teverovsky or Dr. Moreno directly at 443-517-9618.**

**Please return to have your stitches removed:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_