

ENDO X GROUP™

Home Care Following Endodontic Surgery

- **Physical Activities:** The effects of anesthesia will wear off within 4 to 6 hours following surgery. There is no indication for limiting your normal physical activity, but resting is recommended.
- **Pain:** Expect soreness of the mouth with slight pain at the operation site. The teeth may become sensitive to temperature changes. They may become loose, elongated or painful to the touch. Occasionally you may experience a temporary loss of sensation at or near the surgery site. If needed, take pain medication as directed. DO NOT drive or operate hazardous machinery when taking narcotics.
- **Bleeding:** Some bleeding is normal. Initially there will be blood mixed with your saliva. If heavy bleeding occurs, place a gauze pack or tea bag over the wound for 30 minutes and apply firm pressure. Repeat if necessary.
- **Swelling:** You can expect some swelling of the face for a period of 3 to 6 days. This may be accompanied by skin discoloration or bruising. To reduce the swelling, place an ice pack on the area for 5 minutes and then remove for 5 minutes. Repeat this ice application for 5 minutes intervals during the first 4 to 6 hours. Your lips and the corners of your mouth become bruised or sore, keep them lubricated with Vaseline or lip balm.
- **Suture:** For the thorough removal of infected, diseased or abscessed tissue and for better treatment results, the incision was extended to adjacent teeth. The edges of the wound are held together with very delicate sutures. To prevent suture loss, please do not pull or lift the lips or cheeks. DO NOT disturb the sutures. Return to our office as instructed. Do not be alarmed if one or more of the sutures become loose or lost 3 to 4 days following surgery. The wound has already closed. In cases of resorbable sutures they will dissolve by themselves.
- **Diet:** You may eat or drink after the anesthesia wears off. Avoid hot food or liquids. Soft diet is recommended. Shakes are very helpful.
- **Oral Hygiene:** Avoid brushing the surgical site until the sutures are removed or dissolved. Brush the rest of your mouth normally. After the first 24hrs rinse with warm water and salt or antiseptic mouth wash (i.e: Listerine or Scope). After sutures have been removed or dissolved resume normal brushing and flossing. You will encounter bleeding. It is normal. Immaculate oral hygiene is essential in healing.
- **Antibiotic Medications:** Use of antibiotics following endodontic surgery is mandatory. Please follow instructions on the label. If you develop any allergic reaction stop taking the antibiotics immediately and contact the office.
- **Follow-up Appointments:** At the conclusion of your appointment you will be given recall appointments to be checked and observed.