

# NEW MEXICO ENDODONTIC CENTER

David M. Baker, DMD  
Diplomate, American Board of Endodontics

Meghan J. Montoya, DDS

## POST -OPERATIVE INSTRUCTIONS FOR ENDODONTIC SURGERY

### What to expect:

When the anesthesia subsides, expect to be sore for a few days. The magnitude of postoperative discomfort varies; most patients experience mild to moderate discomfort. It is normal for some puffiness to occur in the area of procedure. It is not uncommon for swelling to be more notable on the morning after the procedure. The taste of blood in the saliva is normal for a day or two following the procedure. Bruising is not common but happens and should not be cause for alarm.

### What to do:

Apply the ice pack provided to the cheek over the surgical site for 20 minutes; then, place the ice pack in freezer for 20 minutes. Continue using the ice pack 20 minutes on/20 minutes off for at least the first 3 hours following the procedure. For the first seven days following treatment, brush and floss everywhere in your mouth with the exception of the surgical site. For the first 24 hours following the procedure, eat soft foods on the opposite side of the mouth from the surgical site. For the first few days, avoid crunchy foods ( e.g. tortilla chips, popcorn, crusty bread) that may disrupt the surgical site. Anytime you eat anything during the first week following the procedure, rinse with water. For the first 24 hours, take it easy in terms of activities. On the day following the procedure, you may engage in light physical activity. You should be able to resume your normal activities 48 hours after the procedure.

### What not to do:

Do not inspect the surgical site in the mirror; pulling back your lip enough to see the site may rip out the sutures. Do not use mouthwash for seven days following treatment as this will slow healing.

### Medications:

Post-operative discomfort is often well controlled with a regimen of over-the-counter pain medications. Unless you have been advised not to take ibuprofen or acetaminophen (Tylenol) by your physician:

Take 600 mg ibuprofen (three over-the-counter tablets) and 500 to 1000 mg acetaminophen TOGETHER every 6 hours for the first 36 - 48 hours after the procedure. After the first 48 hours, take medications as needed.

**\*Do not exceed 3200 mg ibuprofen in 24 hours. Do not exceed 3000 mg acetaminophen in 24 hours.\***

A stronger "rescue" pain medication may have been prescribed for you in the event of breakthrough pain not adequately controlled by over-the-counter pain medications; take this medication only if needed due to symptoms. Do not drive, operate machinery or drink alcohol if you take the prescribed narcotic pain medication. If an antibiotic has been prescribed for you, take it as directed.

Please feel free to call the office with any additional questions or concerns that you may have:

**505-988-1187**

YOUR FOLLOW-UP EVALUATION APPOINTMENT IS: Date:\_\_\_\_\_ Time:\_\_\_\_\_

1692B Hospital Drive, Suite 201B, Santa Fe, New Mexico 87505 • 505-988-1187  
180 Central Park Square, Los Alamos, New Mexico 87544 • 505-661-7101  
[www.NewMexicoEndodonticCenter.com](http://www.NewMexicoEndodonticCenter.com)