

New Mexico Endodontic Center

Kenneth H. Kahn DDS
Diplomate, American Board of Endodontics

David M. Baker DMD
Diplomate, American Board of Endodontics

POST-OPERATIVE INSTRUCTIONS FOR ENDODONTIC SURGERY

1. Medications:

A. **For discomfort:** When the anesthesia wears off, many patients are comfortable and do not require any medication for pain. However, you may experience some discomfort for a few days. Anti inflammatory medications such as ibuprofen, Advil, Aleve or Tylenol, if tolerated, are ideal for relieving this discomfort. If you have been given a prescription for a stronger medication to be used instead of, or in addition to these, take the stronger medication as directed. When taking this medication, do not drive or operate machinery, and do not drink alcoholic beverages.

B. **Antibiotics:** If antibiotics have been prescribed, please take them according to directions until they are used up.

2. **Swelling:** Swelling the next day is normal and should resolve in 3 to 5 days. In order to minimize any swelling, apply the ice pack we have given you to your face over the surgical area for at least 3 hours after the procedure. This will help limit swelling, reduce the likelihood of bruising, reduce discomfort and promote healing.

3. **Rinsing:** Starting tomorrow, after meals, you should rinse with warm salt water (1/2 teaspoon salt to 8 ounces warm water) to promote healing and sooth the area. Continue for 1 week.

4. **Eating:** Eat soft foods on the opposite side of the mouth for the first 24 hours. For several days following surgery, avoid foods which could disrupt the surgical site (i.e. tortilla chips, popcorn, crusty foods etc.).

5. **Brushing:** Brush gently, but do not floss in the area of the surgery while the sutures are in place (7-10 days).

6. **Activities:** For the first 24 hours take it easy. On the following day you may engage in light exercise. You should be able to resume your normal activities and exercise after the first 48 hours.

Please feel free to call the office with any additional questions or concerns 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