CONTEMPORARY
ENDODONTICS
PRACTICE LIMITED TO ENDODONTICS
MICROSCOPIC & MICROSURGICAL ROOT CANAL THERAPY
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Guidelines for Post-Operative Care

- After leaving the office, please go directly home. Avoid stress or exertion of any kind for the remainder of the day. Adequate rest will allow the initial healing to progress uneventfully.
- Some swelling and tissue discoloration is normal and will gradually disappear. To minimize the swelling, apply ice to operated area of face with mild even pressure, 15 minutes on and 15 minutes off, for 4 to 6 hours. Do not be alarmed if swelling occurs and lasts as long as a week. If you run a temperature, call the office.
- A minimal amount of bleeding can be expected. If persistent bleeding occurs, place moist gauze or a tea bag over the bleeding area and hold firmly for a continuous 30 minutes. Repeat as necessary. If bleeding continues, call the office. It is advisable to place an old towel over your pillowcase the evening of the surgery to protect it from small bloodstains.
- Do not lift up or pull down on your lip to look at the stitches. Inspection of the surgical area either visually or physically probing with your finger or instruments may cause unnecessary stretching and/or tearing of healing tissues.
- Do not rinse your mouth for the rest of the day. Starting tomorrow, rinse your mouth gently every two to three hours for several days, especially after meals, using warm salt water (1/4 tsp of salt to 8 oz of warm water). Avoid drinking alcohol, smoking/vaping, and drinking through a straw during the healing period.
- For today and overnight, consume cold fluids/food only. A soft but nutritious diet is advisable and necessary during the first few days following surgery. Do not eat hard and/or sharp foods, such as cookies, toast, chips, etc. until stitches have been removed.
- Brush teeth away from surgical area and tongue in the normal manner to keep the mouth as clean as possible. Be careful near the operated area, and do not brush over the stitches.
- Take prescriptions as directed. Always take the full course of antibiotics (if prescribed) unless otherwise directed.
- Contact your endodontist right away if you develop any of the following:
    - visible swelling inside or outside of your mouth.
    - an allergic reaction to medication, including rash, hives or itching, tightness in throat or difficulty breathing.
    - sharp, shooting, or uncontrollable pain.
- Return to our office at your appointed time to have stitches removed and your healing evaluated.

Suggested Over-the-Counter Analgesic Regimen (unless otherwise instructed)

A minimal amount of discomfort is to be expected and can be greatly alleviated by taking this recommended over-the counter regimen.

- IBUPROFEN (also known as ADVIL or MOTRIN) 600mg (3 tablets) *not to exceed 3200mg/day
- ACETAMINOPHEN ES (also known as EXTRA STRENGTH TYLENOL) 1000mg (2 caplets) *not to exceed 3000mg/day

Take 600mg IBUPROFEN every 6 hours. You can alternate with 1000mg ACETAMINOPHEN ES if additional pain relief is necessary. **If allergic or have a medical condition that prevents you from taking these, please consult with your endodontist for alternatives.**

Example:

8:00am	11:00am	2:00pm	5:00pm	8:00pm	11:00pm
600mg IBUPROFEN	1000mg ACETAMINOPHEN ES	600mg IBUPROFEN	1000mg ACETAMINOPHEN ES	600mg IBUPROFEN	1000mg ACETAMINOPHEN ES

If your endodontist prescribed NORCO or TYLENOL III, **SUBSTITUTE** the prescription medication with the ACETAMINOPHEN in the above directions if needed. **Do NOT take any medications containing ACETAMINOPHEN at the same time as these prescriptions!**

What the Future Holds

- A tooth that has had appropriate endodontic treatment and has a proper restoration can last as long as your other natural teeth. After the healing period, you need only practice good oral hygiene, including brushing, flossing, regular checkups, and cleanings.
- Your dentist or endodontist may periodically x-ray the tooth to ensure that healing has occurred. At times, the tooth may become painful or diseased months or even years after successful treatment, so it is important to see your dentist regularly.

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