



**LAND OF LAKES  
ENDODONTICS, PA**

PRACTICE LIMITED TO ENDODONTICS

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### **What to Expect After Surgery**

**Instructions:** You have had a surgical operation in your mouth. Care of the area after surgery has an important effect on healing.

- Rest the remainder of the day. Place a towel on the pillow in case of bleeding. Elevate your head with an extra pillow.
- To reduce swelling place an ice pack on the outside of your face over the operated area. 20 min. on, 20 min. off etc. (by the clock to avoid using for too long) Do this for several hours only on the day of the surgery. Subsequent days use a warm pack.
- Take medications as prescribed or directed.
- Do not lift your lip or cheek to look at the area.
- No smoking the rest of the day, or at least until numbness wears off.
- Do not use a drinking straw.
- No eating until numbness wears off. Eat in the other areas away from the surgical site. A soft diet is suggested, but not required. Be sure to eat a well balanced diet and even additional Vitamin C.
- Starting the day after surgery use the prescription mouth rinse, if given, or else use salt water rinses upon rising, after meals & before bed (1 tsp. salt in 8-12 oz. of warm water). Start gently brushing in the area in about 3 days. Once you have started brushing, rinses are not needed. Brush all other areas normally. Do not use a water pik or electric toothbrushes on the surgical area until healing is complete. Start flossing 7 days after surgery.
- Sometimes nausea may be present. Carbonated beverages 4-6 oz. every hour for 4-6 hours, then clear soup or mild tea.

**In Case of abnormal pain or swelling, call the  
office for further instructions.**