



14757 Oak Road (147th St.) · Suite 400 · Carmel, IN 46033

HOME INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

A. WHAT TO EXPECT FOLLOWING SURGERY:

1. Some discomfort will usually be present. Severe pain seldom occurs. If aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) does not restore comfort, please have the prescription filled and take as directed. Remember that narcotic medications may make you drowsy, and caution should be exercised in operating dangerous machinery or driving a car after taking them and should not be taken with alcohol. Also, to avoid nausea, do not take narcotics on an empty stomach.
2. There will be some swelling and discoloration present for three to five days following surgery. This is a normal part of the healing process.
3. There is often a temporary loss of feeling in the operated area.
4. The operated tooth may feel loose for a time.
5. The surgical area may “ooze” blood for several days, resulting in a slightly red color in your saliva.

B. WHAT TO DO FOLLOWING SURGERY:

1. After leaving the office, rest and avoid strenuous activities for the remainder of the day.
2. If necessary, take 1 or 2 aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) for relief of discomfort. For severe pain, you can take 4 ibuprofen (Advil), and then three hours later take 2 acetaminophen (Tylenol) OR 1-2 pain pills (Vicodin, Tylenol #3, hydrocodone, etc) that were prescribed. Do not take acetaminophen (Tylenol) with the prescription pain pills. You can repeat regiment every 3 hours as needed for pain. This regiment is for short term use.
3. Apply an ice bag or cold compress to the outside of your face, over the surgical area. Apply for 20 minutes, and then remove for 20 minutes. Continue the applications for the first 4-6 hours of the first day only. This will help keep swelling and discoloration to a minimum.
4. For the first 48 hours no drinking through a straw, vigorous rinsing, smoking, or tobacco products.
5. Only soft foods should be eaten for the first 24 hours. Avoid foods with seeds, popcorn, etc.
6. Avoid chewing in the surgical area until the sutures are removed.
7. Do not brush the teeth in the immediate surgical area until the day after the sutures are removed, but be sure to brush the rest of your teeth regularly. Keep mouth as clean as possible. This will help healing.
8. After 24 hours, gently rinse mouth using warm salt water following meals (1/2 teaspoon of salt to 1 glass of water).
9. Avoid lifting or unnecessarily exercising your lip. It is possible to accidentally tear the sutures, open the incision and delay healing.

If all went well, please let your dentist know- if not, please let us know

Practice Limited to Endodontics

Dr. Brian P. Tate · Dr. Michael P. Aslin · Dr. Blake T. Prather

(317) 580-0123 (866) 955-6158 Fax: (317) 580-0199