



Post Operative Instructions *Surgical Root Canal Therapy*

You are receiving these instructions because you have just had a surgical endodontic procedure. Sutures have been used in the surgical area that require you to return to the clinic to have them removed at an appropriate time detailed by your endodontist. Please follow the instructions below:

- You have been given an ice pack to be applied to the surgical area – continue to **apply ice** for the rest of today at intervals of **20 minutes on followed by 20 minutes off**. Repeat as much as possible to reduce swelling.
- For your comfort, eat on the side opposite the surgery. Choose soft foods (jello, ice cream, pudding, yogurt, pasta, etc.) and avoid anything very hot for 3-4 days.
- Continue to brush and floss your teeth as normal, but avoid the surgical site until sutures are removed.
- Do not rinse today and avoid commercial rinses. Tomorrow (day 2), begin rinsing with warm salt water twice a day. On day 3, rinse with the prescribed mouth rinse (Peridex) instead of warm salt water.
- Avoid strenuous activity for the next 24 to 48 hours, this includes running, aerobics, weightlifting, etc.

What to expect:

- Tenderness in the surgical area is normal during the next few days. These symptoms may increase, and the third day after the surgery is typically the worst. Bruising may appear on the side of the surgery and increase in severity by day 3 as well. Slight bleeding or oozing for the first 24 hours is also normal. Discomfort is expected but usually responds well to over-the-counter pain medications. Please use the following medication regimen for the next 48 hours.

- Take 3 tablets (600 mg) of Ibuprofen every 6 hours. **Not to exceed 3200mg a day.**

OR

- Take 2 tablets (650 mg) of regular strength Acetaminophen every 6 hours. **Not to exceed 3000mg a day.**

DO NOT COMBINE WITH ALCOHOL USE.

- You may have been prescribed narcotic medications to help with pain after the surgery. Be aware that these may make you drowsy so please exercise caution while driving or operating heavy machinery. **Caution: If you are pregnant, consult with your obstetrician before taking any pain medication.**
- You may have been prescribed an antibiotic. Please take this medication as directed until you have completed the entire prescription, even if you feel that is unnecessary. **Caution: Please be aware that they may decrease the effectiveness of birth control.**



Contact us immediately at (201) 354-6201 if you develop any of the following:

- Severe pain not managed adequately by the regimen recommended.
- An allergic reaction to any medication taken, including rash, itching, and hives.
- Nausea from the prescribed medications.
- Disruption of the sutures that were placed.
- For after-hours *emergencies*, please visit your local emergency room.

**A follow-up appointment for suture removal and post-operative evaluation is critical.
Please arrange an appointment with your endodontist immediately!**