

## **Naperfield Endodontics, P.C.**

### Post Surgical Instructions

Some discomfort and swelling may be expected after surgery; to minimize this, please follow the listed instructions below.

1. Take all prescribed medications as directed. You should not plan on driving or operating machinery if you take medications that can cause drowsiness.
2. Apply constant pressure on the surgical site for the first few hours following the surgery using clean 2x2 gauze. Use the provided ice pack for 20 minutes on, 20 minutes off, for 24 hours following the surgery. The ice will reduce the initial swelling following the surgery. After the first 24 hours, use a heating pad or a hot cloth in the same manner as the ice to reduce discomfort and enhance healing.
3. Avoid hot, spicy or harsh food for the first 24 hours and try to chew on the side of your mouth not affected by surgery.
4. Do Not use a mouth rinse for the first 24 hours. Also, Do Not smoke or use a straw for the first 24 hours. *The use of a straw or smoking will induce bleeding.*
5. Use of warm salt water rinse or mouth wash after the first 24 hours is recommended. Do Not use a water pick. Rinse about six times daily.
6. Do Not pull your lip to look at the sutures as this may loosen them. If any sutures should come loose within the first 36 hours, please call the office.
7. Some oozing of blood for the first 24 hours is normal. Apply pressure using the 2x2 gauze given to you, if the bleeding should persist. If you experience heavy bleeding or persistent bleeding for more than 24 hours, call the office.
8. Your face may become bruised. This is normal; the discoloration should diminish within a few days.
9. You can return to normal eating habits when you feel most comfortable.
10. Make sure you keep the surgical area clean. Be sure you wipe any white film or plaque accumulating on or around the sutures. Depending on the type of sutures used, you may be required to come back in 2 to 3 days to have the sutures removed.
11. Please call the office at **(630) 305-0312** if you have any questions or emergencies.