

## ***ENDODONTIC POST – SURGICAL INSTRUCTIONS***

Here are some general guidelines and information you might like to review to make your post-surgery period comfortable:

**SWELLING:** Expect some swelling or bruising in the surgical area and possibly around lips and cheeks for 2 or 3 days. This can be minimized by using ice for the first post-surgical day. Use a few ice cubes in a plastic bag against your face about 15 minutes on, then 15 minutes off.

**BLEEDING:** Blood-tinged saliva is normal for several hours after the procedure. However, if significant bleeding resumes later in the day, please contact the Doctor as soon as possible. Applying some pressure to the area will usually be all that is required to stop any post-operative bleeding.

**MEDICATIONS:** Please take your medications as instructed by Dr. Saidon.

- Sometimes narcotics are prescribed to treat post-surgical discomfort. If this is the case, avoid alcohol consumption, driving a car or operating any sort of potentially dangerous machinery while under the influence of these drugs.
- Some antibiotics can cause stomach upset and diarrhea – if this happens, please contact us immediately.
- Any medication can cause an allergic reaction. If you experience itching or a rash, please contact us immediately. If you have difficulty swallowing or breathing (an anaphylactic reaction), please go to the emergency room immediately. Advise our office about this as soon as possible.
- **WOMEN:** If you are taking birth control pills and was prescribed antibiotics, please use an alternate birth control method as antibiotics greatly reduces the effectiveness of the pill.

**NUTRITION:** You may generally eat as you ordinarily would. Try to chew in an area other than the surgical site and avoid very coarse foods (pretzels, nuts, etc.).

**ORAL HYGIENE:** You may brush your teeth as you normally do in all areas except the surgical site. Use the prescription mouthwash three to four times a day beginning the morning after your surgical appointment, unless otherwise directed. If you are a smoker, please avoid smoking all together for the first 24 hours and preferably for the whole week after surgery.

**STITCHES:** Stitches (sutures) will be used to close the surgical site. These will be removed in about a week at the office. Stitches occasionally become loose and even come out before your post-operative appointment. This should not alarm you and you should come to your suture removal appointment as planned.

If you have any questions or concerns, please do not hesitate to call the telephone number listed below.