

## **POST OPERATIVE INSTRUCTIONS ENDODONTIC SURGERY**

1. Avoid strenuous activity for the remainder of the day. Routine, nonstrenuous activity is not harmful, unless otherwise directed. Smoking and alcohol consumption delay the wound healing process and should be avoided for 3 days following surgery.
2. It is essential that you maintain an adequate diet with proper solid and fluid intake during the first 3 days following surgery. In addition to fruit juices, soups and other soft foods, liquid food supplements are recommended. (Liquid food supplements are readily available in food outlets and include such products as Ensure, Slim-Fast, Borden's Milk Supplement, etc.)
3. Avoid manipulation of the facial tissues as much as possible. Do not raise the lip or retract the cheeks to inspect the surgical site as you may dislodge the sutures (stitches).
4. Some oozing of blood from the surgical site is normal during the day and evening of surgery. Slight swelling and facial skin discoloration (bruising) may be experienced. This is temporary, and will resolve on its own in a few days.
5. To minimize the above, apply an ice bag with firm pressure to the face directly over the surgical site. You should apply the ice bag alternately 20 minutes on, 20 minutes off, for 6 to 8 hours following surgery. After 8 hours, the ice bag should not be applied. Frequent moist heat applications to the face are recommended on the first and second postsurgical days. (24 hours following the surgery)
6. Postsurgical discomfort should be minimal, but the surgical site will be tender and sore. For this reason you should follow the analgesic (pain pill) regimen prescribed by your doctor.
7. The sutures (stitches) that have been placed must be removed to ensure proper healing. It is important that you return at the appointed time for suture removal.
8. Rinse with one tablespoon of chlorhexidine mouth rinse twice each day for 5 days following surgery.
9. Recall visits are necessary. These are short appointments that are very important to monitor the progress of healing. A recall appointment will be scheduled during the first 6 weeks and our office will contact you later to schedule another recall appointment 6 months after surgery.
10. Should any complications arise, do not hesitate to call **(859) 647-0006** during office hours. For weekends or evenings Dr. Walden's cell: **(859) 445-3684** or if unable to reach Dr. Walden's cell you may reach Rebecca at **(859) 689-0668**. In the event that you are unable to reach either of us via phone please e-mail me as I check it several times daily. ***nkyendo@fuse.net***