

INSTRUCTIONS FOR SELF CARE AFTER ENDODONTIC SURGERY

MEDICATION: DO NOT TAKE ASPIRIN OR ANY OTHER DRUG CONTAINING ASPIRIN (such as Anacin, Bufferin, or APC) for pain control. Aspirin can cause bleeding after surgery. As a substitute use Tylenol or any other medication our office recommends. You may be advised to take an antibiotic and/or decongestant as well as your regular pain medication. You must take these medications as prescribed. Do not stop taking them on your own. If you have a problem with any medication phone us immediately so that we can make adjustments for you **or in the event of an emergency call 911.**

SWELLING: Swelling and bruising may occur and is normal. You can minimize the swelling and often the pain by placing an ice pack on the side of the surgical procedure ½ hour on then ½ hour off, for the first 4-6 hours. Do not use heat on your face for the first 48 hours and avoid hot drinks or foods.

BLEEDING: Some slight seepage of blood is expected from the surgical site after the surgical procedure. Slight bleeding from the nose is not uncommon for several days after the procedure. Copious bleeding should not occur. In an emergency, apply pressure with a moistened tea bag for 20 minutes to the bleeding area and call the office.

RINSE: Do not rinse your mouth vigorously for the first day after surgery. Do not use any mouthwash and other fluids should be swallowed as directly as possible.

SMOKING: We suggest that you refrain from smoking as the heat and smoke can act as an irritant significantly delaying healing and encourage bleeding.

ALCOHOL: It is very important that you avoid alcoholic beverages as alcohol can mix with the medications you are taking and cause a severe reaction.

ORAL HYGIENE: Meticulous oral hygiene should be continued in all areas of your mouth allowing for a healthy environment for healing. **Avoid brushing and flossing of the surgical area for the first 24 hours in order not to dislodge the sutures.** Gentle brushing and flossing should be resumed on the second day. Ensure the bristles of the brush do not angle towards the gum and take care to brush only the tooth/ teeth until further healing takes place. Gently dab chlorhexidine with a cotton swab in area of surgery 3-4 times a day until finished.

PLEASE AVOID:

- **Blowing your nose:** It is best to wipe away nasal secretions carefully. After two weeks, if you must blow your nose, blow gently through both sides at once. Do not pinch your nose and do not blow just one side at a time.
- **Sneezing:** If you must sneeze, keep your mouth open and do not pinch your nose closed.
- **Sucking:** Do not drink through a straw. Do not smoke.
- **Blowing:** Do not play a wind instrument. Do not blow up balloons.
- **Pushing or Lifting:** Do not lift or push objects weighing more than 20 pounds.
- **Bending over:** Keep your head above the level of your heart. Sleep with your head slightly raised.

SUTURES: Do not pull at the sutures.

- **Plain Gut:** These are resorbable sutures and will dissolve on their own within 7-10 days.
- **Silk:** These are non-resorbable sutures and will require a visit to our clinic in one week to be removed.
Your appointment is scheduled: _____

Should you have any concerns you can reach us at the office 604-299-1661
In case of an emergency after office hours, you may call (604)813-0560