



## HOME INSTRUCTIONS FOLLOWING ENDODONTIC MICROSURGERY

### A: WHAT TO DO FOLLOWING SURGERY

1. Return home, rest and avoid strenuous activities for the remainder of the day.
2. Have any prescriptions which were given to you filled, and take as directed.
3. Place an ice bag or cold compress to the outside of your face, over the operated area. Apply for fifteen (15) minutes, then remove for (15) minutes. Repeat this sequence for the remainder of today and as much as practical tomorrow. This will help keep swelling and discoloration to a minimum.
4. A proper diet is vital to healing. Eat soft foods, try to increase your intake of citrus fruits, juices, eggs, soft cheese and ground meat. Vitamin supplements should be taken.
5. Do not brush for twenty-four (24) hours.
6. After twenty-four (24) hours, brush gently.
7. Starting tomorrow, take frequent, gentle mouth rinses using warm salt water.
8. Avoid lifting or unnecessarily exercising your lip. It is possible to accidentally pull out the sutures, open the incision and delay healing
9. Avoid chewing gum for at least six (6) weeks after suture removal.
10. Return for suture removal as directed.

### B: WHAT TO EXPECT FOLLOWING SURGERY

1. Some pain will usually be present. The prescribed pain medication is intended to relieve this condition.
2. There will be some swelling and discoloration present seven (7) to ten (10) days following surgery. This is a normal part of the healing process.
3. There is often a temporary loss of feeling in the operated area. This too, is normal.
4. The operated tooth may feel loose for a time.
5. The surgical area may not return to its normal appearance for three (3) to six (6) months.

### C: SHOULD ANY CONDITION ARISE WHICH CONCERNS YOU, PLEASE CALL OUR OFFICE.

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## HOME INSTRUCTIONS STARTED ROOT CANAL

Today we started your root canal. During this visit, a substantial amount of manipulation and instrumentation were performed. This will have an irritating effect on the tissues around the root of your tooth. As with an irritation anywhere in the body, this causes an accumulation of fluids in the area (inflammation). These fluids are under pressure and can cause a bruised-like feeling after today's visit.

It is normal for the tooth to be very sore for the first three to four days. The tooth may remain sensitive for seven to ten days. If a prescription for Motrin was given to you, we would like you to take one every 4 to 6 hours for the first three days, regardless if you are having any discomfort. Motrin will help to relieve inflammation which will reduce the amount of pain with your tooth. If you cannot take Motrin or if it was not prescribed to you, please take two Tylenol every 4 to 6 hours for the first three days. After the first three days, you may take the Motrin or Tylenol as needed for discomfort. If the discomfort is more severe, you may be in need of a stronger pain medication, please contact the office. If the pain persists or increases, or if swelling develops, please contact the office.

Do not chew on the tooth until two weeks after the root canal is completed. If the temporary filling erodes away a little, please call our office for a possible replacement. Please take medications as directed. If antibiotics were prescribed, please take until finished.

If you have any questions in regards to your tooth or the medications prescribed, please feel free to call.

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## HOME INSTRUCTIONS OPEN FOR DRAINAGE

The procedure performed for you today is called “Open for Drainage”. This was done to relieve the pressure that has developed due to the infection and/or inflammation within your tooth and in the surrounding bone.

It is our intention, by leaving an opening in your tooth, to allow this pressure to escape and allow any fluids to drain. In most cases, your pain should be relieved in a short time.

During the time that your tooth is open, you may be given a plastic irrigation device to keep the opening in the tooth clean. After meals, fill it with warm water, and gently irrigate into the opening of your tooth. You may also rinse your mouth with warm salt water three to four times per day while the tooth is open.

Within one to two days, we will want you to return to our office for a short appointment to close the tooth with a temporary filling. You will be given an appointment to continue with the root canal treatment in one to two weeks.

It is very important that you take the prescribed antibiotics as directed, until finished. This gives your body the added help in fighting your infection and makes closing the tooth possible.

If you have swelling, it may continue for one to two days and the discomfort may continue through tomorrow.

If you have any questions in regards to your tooth or the medications prescribed to you, please feel free to call.

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## HOME INSTRUCTIONS CLOSED DRAINAGE OPENING

Today, we have closed the opening through which the infection and/or inflammation in your tooth has been draining.

The tooth was irrigated, dried and a medication was placed inside your tooth. A temporary filling has been placed in the opening.

In some instances the pressure, pain or swelling may re-occur. If this happens, please contact the office.

On occasion, we may need to re-open your tooth because the medication prescribed and your body's defenses are unable to control the infection. By re-opening the tooth to allow drainage, and if necessary, changing your medications, we can usually get the infection under control.

Please take all medications as directed. If antibiotics were prescribed, please continue taking until finished.

If there are any questions, please call, we are always available.

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