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## Instructions Following Endodontic Surgery

Today, you have had an endodontic surgery performed for you by our in-house endodontic specialist. The objective of this treatment is to create as little trauma as possible at the surgical site, while definitively treating the site of infection. Here are your instructions:

1. Initially, place an ice pack over the surgical site for 30 minutes. In order to minimize swelling, continue to apply ice packs every hour for 10-15 minutes during the first 4-6 hours.
2. Sleep with your head in an elevated position for the first night (an extra pillow). Swelling may occur after surgery and this is completely normal. It may increase within the first 48 to 72 hours, but will then gradually subside.
3. If you experience minor discomfort, use extra strength Tylenol (avoid aspirin) every 3 to 4 hours. For discomfort of more intense nature, use the analgesic prescription provided. Antibiotics and other medication prescribed must be taken as directed.
4. Please wait a full 24 hours after surgery before rinsing your mouth. Rinse after each meal and before bed, using a teaspoon of salt in a glass of warm water.
5. It is important to maintain proper nourishment; however, we encourage you to maintain a soft food diet for at least 2 days.
6. Avoid hot fluids or food while frozen, as this may burn your mouth. Warm food may be taken once the freezing has worn off. Avoid crunchy food at all times during the healing period.
7. Refrain from smoking during the first 24 hours. Minimize the number of times you smoke during the remaining healing phase, as this tends to dry out the mouth and delay the healing. Avoid strenuous exercise for 48 hours and drinking alcoholic beverages.
8. Keep talking to a minimum the first day and refrain from lifting your lips to look at what has been done. While it is tempting, you can inadvertently cause harm. Refrain from pressing or touching the treated area.
9. Maintain your normal oral hygiene program of brushing and flossing in all other areas of the mouth. Be careful to avoid the area of the incision. Periodic (3-4 times daily) salt water rinses will maintain hygiene in the surgical site.
10. If your sinus was involved during surgery (the doctors will have informed you) please refrain from blowing your nose. If nasal congestion occurs, please use a nasal decongestion spray. (i.e. Otrivin).

We expect your recovery period to be as uneventful as possible. However, if a question or complication should arise, please feel free to call our office at any time at 416-961-2273.