



Care Following Endodontic Surgery

In order to facilitate healing, it is suggested that you follow these guidelines:

Diet

Eat soft, nutritious foods such as eggs, chopped meats, custards, milkshakes and juices for a couple of days. Avoid hot foods for a few days (e.g. coffee pizza, etc.). Avoid smoking and alcoholic beverages for two or three days.

Be Gentle

Do not disturb the surgical site. Keep the area clean with frequent warm salt-water rinses (one teaspoon salt in either ounces of warm water). Gentle brushing with a warmed toothbrush can begin after the day of the surgery. Be very gentle if inspecting the site – don't disturb the tissues which have been sutured.

Expect swelling, mild pain, some bleeding and possible bruising.

The degree of swelling is extremely variable, depending on the patient and the extent of the procedure. Generally, pain and inflammation is minimal and should be easily controlled with simple medication such as ibuprofen (e.g. Advil[®], Motrin[®]). Usually, ibuprofen 200mg, 2 to 4 tablets every six hours is sufficient. Stronger pain-killers are seldom required. If pain is severe, contact our office.

Swelling generally starts a few hours after the procedure and diminishes after three or four days. To minimize swelling and possible bruising, apply an ice pack to the skin over the surgical site for at least two hours: 10 minutes on, 20 minutes off.

Some bleeding may be expected. If it persists or seems to be increasing, fold a clean gauze into a pad (or use a moistened tea bag) and apply directly to the bleeding area for a minimum of 10 minutes.

Sutures

Sutures should be removed five to seven days after surgery. Sometimes resorbable sutures are used, and don't need to be removed. You will be told when to return for suture removal, or if you even need to return.

Don't hesitate to call the office if you have any concerns

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