

After Your Endodontic Microsurgery

Care instructions for the first few days

FOR THE FIRST 24 HOURS, PLEASE DON'T:

- **Rinse your mouth** for the first 12 hours
- **Exercise.** It can cause bleeding and swelling.
- **Smoke**
- Eat **crusty, hard or hot** foods
- **Lift or pull your lip** to look at the area. This can tear the tissue and slow healing.

WHAT IS NORMAL

- **Slight swelling** and some bruising or color change on the skin
- A **small amount of bleeding** for the first 24 hours
- **Mild discomfort**

TO REDUCE SWELLING

Hold an ice pack on your face over the surgery area with gentle pressure. **20 minutes on, 10 minutes off.** Repeat for 1 to 2 hours.

FOR DISCOMFORT

If you were given a prescription, take it exactly as directed. **Avoid aspirin** and any medicine that contains aspirin.

EATING AND DRINKING

Getting enough food and fluids is very important. **Soft, cold foods are best**, such as ice cream, gelatin, pudding and yogurt. If eating is hard, try a meal replacement drink such as Instant Breakfast.

KEEPING THE AREA CLEAN

- **After 12 hours**, gently rinse with warm salt water ($\frac{1}{2}$ teaspoon of salt in 1 cup of warm water) after each meal and at bedtime. Keep doing this until your stitches are removed.
- Avoid mouthwashes that contain alcohol, such as Listerine and Scope.
- Brush your other teeth carefully with a soft toothbrush. **Do not brush the surgery area** until your stitches are removed.
- **Do not floss** the surgery area.

SLEEPING

The first night, sleep with your head slightly raised (an extra pillow helps).

Call us right away at 801-278-3636 if you have:

Heavy bleeding, increasing swelling, fever, or anything else that seems unusual.

YOUR FOLLOW-UP VISIT

We will remove your stitches and check your healing on:

Date

Time

If you have any questions, please call.

After Your Microsurgery Is Complete

How to care for the area while it finishes healing

Your endodontic microsurgery is complete. Here is what to expect and how to keep the area healthy while it heals.

WHAT IS NORMAL

- The tooth may be **tender when you bite or chew**. This gets better as the tissues heal.
- Healing is different for everyone. It can take **up to 6 months** to heal completely.

BRUSHING, FLOSSING AND CHEWING

- You can start brushing, flossing and chewing on that side again. **Go gently.**
- Brushing or flossing too hard can damage the healing tissue.

If cleaning causes pain or bleeding:

1. Stop cleaning that area.
2. Rinse with warm salt water 3 to 4 times a day ($\frac{1}{2}$ teaspoon of salt in 1 cup of warm water).
3. Wait a few more days, then try cleaning the area again.

MANAGING DISCOMFORT

You may take **one** of these over-the-counter pain relievers:

Medicine	Strength	How much	How often
Ibuprofen (Advil, Motrin)	200 mg tablets	1 to 4 tablets (200 to 800 mg)	Every 6 hours
Naproxen (Aleve)	220 mg tablets	1 to 2 tablets	Every 12 hours
Acetaminophen (Tylenol)	500 mg tablets	1 to 2 tablets	Every 6 hours

Call us right away at 801-278-3636 if:

- Pain is not controlled by the medicines above
- Swelling develops
- You are not sure whether what you are feeling is normal

Please have your **pharmacy's phone number** ready when you call.

YOUR FOLLOW-UP VISIT

Most root canal treatments heal very well. Once in a while a problem develops, so we like to check how your tooth is healing. Your treatment **includes a short follow-up exam at no extra charge**. It only takes a few minutes.

Please call us during this month to schedule it: _____

Thank you for trusting us with your care. If you have questions or problems, you are always welcome to call.