

POST OPERATIVE ENDODONTIC SURGERY PATIENT INSTRUCTIONS

Please follow the instructions below to minimize your discomfort and optimize your healing.

- ❖ After leaving the office, fill and/or pick up any prescriptions given to you and take them as instructed. If you have adverse reactions to the medications, please contact Dr. Tatsuta. If no medication is prescribed, check with Dr. Tatsuta if you can take 4 tablets (200mg per tablet) of Ibuprofen (brand names e.g. *Advil* or *Motrin*) every 8 hours for the next 36 hours to minimize pain, swelling, and inflammation.
- ❖ Apply an ice bag to your cheek on the site of surgery for the next 6 to 8 hours. 10 minutes on followed by 10 minutes off. The more this is done in the first 12 hours, the less swelling, bleeding, and bruising you will experience.
- ❖ The taste of blood and slight bleeding in the first 24 hours is normal. Please avoid strenuous activity for the first 3-4 days. To handle any increase in bleeding, place a Lipton tea bag (moistened in cold water) gently between the upper and lower teeth on the side of your mouth in which the treatment was performed, then place an ice bag wrapped in cloth against the cheek on the same side of the mouth and remain inactive (seated) for 20-30 minutes with head elevated. If bleeding does not decrease, call Dr. Tatsuta immediately.
- ❖ Do NOT lift your lip to examine stitches. This may cause the stitches or your tissue to tear.
- ❖ The cleaner the area is kept, the better it will heal! Brush teeth gently, but conscientiously. Be particularly careful near the operated area. Delay flossing the teeth involved with the surgical procedure until the sutures are removed. Use Peridex and Perioguard (oral antiseptic) 3x per day. Pour approximately 1 tablespoon in a cup. Gently and generously apply with cotton swab or toothbrush, then gently rinse for 1 minute with remaining portion in cup.
- ❖ Swelling and/or bruising can occur and last as long as a week. To help bruising resolve quicker, and, if no swelling is present, place hot moist face towels on the area of bruising. If you have developed an increased temperature or have increasing swelling please contact Dr. Tatsuta.
- ❖ Come in on _____ to have your stitches removed. Restrict yourself to a healthy, but soft diet and attempt to chew on the opposite side of your mouth from where the surgery occurred.
- ❖ Should you have any questions or concerns, please contact Dr. Tatsuta.

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