



Patient Information following Endodontic Surgery

As is the case with any surgical procedure, care of the site immediately after will affect the speed of recovery and minimize discomfort.

1. Immediately following your procedure, the application of ice to the operated area should be started as soon as possible. This can be in the form of a cold pack, ice bag or ice wrapped in a towel. We recommend a regimen of 15 to 20 minutes per hour the day of surgery until bed time.
2. Beginning the second day (24 hours after surgery) discontinue the applications and begin gentle warm water rinses (add salt or mouthwash if desired). These rinses should be performed several times daily and continued until your scheduled follow up visit with the doctor.
3. Discomfort following surgery can usually be controlled with over the counter medications. The doctor will make specific recommendations for each patient based on their medical history.
4. Please be gentle around the surgical site. Do not chew on that side, and all heavy chewing should be avoided. An easily digested, nourishing diet is encouraged the first several days. Also over zealous brushing or flossing or rinsing may delay healing.
5. Some swelling and/or discoloration (bruising) may be seen following surgery. These are common occurrences and do not represent complications of your procedure. Typically they will gradually resolve on their own. If you have any questions or concerns, should these occur, please contact the doctor.
6. Occasionally patients may experience slight bleeding in the operated area the first day or two. This is normal. Most minor bleeding can be controlled using a gauze pack placed between the lip or (cheek) and the gum with digital pressure applied to the outside of the area. In the unlikely event you experience excessive bleeding please contact the doctor for instructions.
7. We recommend the limiting of extreme physical exertion or exercise the first few days following surgery. These activities may increase your swelling or bleeding and should be avoided.
8. Stitches (sutures) have been placed at the surgical site. One or more of these may fall out over the course of the first week. If this occurs it will usually not affect healing. When you return for your follow up appointment the doctor will remove any remaining stitches and evaluate the status of healing.

If you have any questions or concerns after hours please contact our office at 610-543-2288 and the doctor on call will return your call.