

**Having undergone an oral surgical procedure, the two important factors to consider are pain and swelling:**

- 1) For the control of pain, take the same medication you normally use for a headache. Take it at the onset of even the slightest pain and repeat every three to four hours. This should control any discomfort you may experience. However, should the pain remain excessive, please call our office for a prescription which will keep you comfortable.
- 2) Keeping the swelling to a minimum will also reduce the amount of pain you may encounter. This is best accomplished by **using an ice pack over the surgical area – 15 minutes on, 15 minutes off – primarily during the first 6 hours** after surgery. This may be continued for the day.
- 3) The swelling, which occurs after the first day, may vary considerably, and is no cause for alarm. This is merely the body initiating the healing process, and after reaching its peak in 48-72 hours will recede.
- 4) Discoloration of the skin at the site of the surgical procedure is also common occurrence and should be of no concern. Bleeding following endodontic surgery is usually minimal and seldom causes a problem.

- 5) Prolonged numbness and slight looseness of the tooth are normal and will generally subside.
- 6) **The mouth should NOT BE RINSED for at least six hours after the operation.** After that, **gentle** rinsing may be done 3 – 4 times daily, using one teaspoon of salt in a full glass of hot water and continued for several days.
- 7) Sutures have been placed to close the incision and promote proper healing. While still “numb” from the anesthetic **DO NOT retract your lip to inspect the area**, as you may pull loose some of the sutures.
- 8) Strenuous activity should be eliminated for the first 48 hours!
- 9) Should any of the following complications arise, contact our office immediately, **day or night**:

Profuse, uncontrollable bleeding

Severe, uncontrollable pain

Swelling which has its initial onset **AFTER** the first 72 hours following surgery

A markedly elevated temperature

***The doctor's home phone number is available on our voice mail.***

- 10) Diet can affect the healing. Plenty of liquids should be taken for several days. **Avoid chewing in the surgical area for a week or until the sutures are removed.** Maintain a softer diet and avoid hot, sticky, or crunchy foods. Smoking and alcohol are to be avoided following surgery.
  
- 11) **The mouth should be kept clean.** Careful tooth brushing and avoid the surgical area. After the first day, the area of the surgery should be **gently** wiped once or twice a day with a gauze pad moistened with warm water or the medicated rinse provided to you from our office in order to remove any debris, which may adhere to the gum tissue.