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POST SURGICAL CARE

TODAY

SWELLING - Apply ice bag to face for the next few hours, 20 minutes on, then 20 minutes off. Keep a towel between your face and the ice bag. Some swelling is normal and the ice will keep the swelling to a minimum.

PAIN - Although your lip will still be numb when you get home take 600mg of IBUPROFEN (Motrin or Advil) or 500mg of TYLENOL. After the anesthesia has worn off, take Ibuprofen or Tylenol tablets every 8 hours for any pain that occurs. If more significant discomfort is anticipated, a prescription will be given to you. Follow the directions for this medication if given.

BLEEDING - Bleeding should not be a problem since sutures have been placed in the surgical site. However, some staining in your saliva may occur. Do not be alarmed by slight staining.

NUTRITION - Do eat, particularly foods high in protein. Your rate of healing increases when you take nourishment. DO NOT drink alcoholic or very hot beverages for at least 24 hours. DO NOT use tobacco products for at least 24 hours.

ORAL HYGIENE - Gently brush your teeth, avoiding the teeth involved in the surgery.

WORK - Unless an emergency, try not to work for the remainder of the day. It is best to rest at home.

TOMORROW

PAIN - If mild discomfort continues, take 600mg of Ibuprofen (Motrin or Advil) or 500mg of Tylenol tablets every 8 hours.

DISCOLORATION - Although unusual, discoloration or bruising of the skin may occur following endodontic surgery, particularly in the fair skinned individuals.

NUTRITION - The importance of a balanced diet cannot be stressed enough.

ORAL HYGIENE - Gently brush and floss your teeth, avoiding the area of your surgery. Very gently rinse your mouth with warm salted water (1/2 Teaspoon of salt in a cup of warm water) after every meal or snack. This will keep food away from your sutures which will reduce your chances of getting and infection in this area. Continue until the sutures are removed.

PLEASE CALL US IF YOU HAVE ANY CONCERNS RELATIVE TO YOUR POST SURGICAL CARE AND HEALING.

EMERGENCY CELL# AFTER HOURS IS 508-944-8589