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### POST OPERATIVE INSTRUCTIONS

1. A small amount of bleeding is not unusual after surgery. Bleeding is controlled by use of pressure, which can be applied by using a moistened gauze or moistened tea bag placed directly over the surgical site and maintained for 15 minutes. A small amount of oozing may occur for several hours or even a few days after surgery.

2. Swelling is a normal event. *Apply ice on the face over the surgical site as soon as the gauze is removed. Placement should be 10 minutes on and 20 minutes off, repeated the day of surgery.* Ice will only be beneficial the day of surgery. After the first day, warm salt water rinses are most effective. For salt-water rinses, add 1/2 teaspoon salt to 8 oz of warm water. Rinse 4-6 time per day. Normally there is more swelling the first and second day after surgery. Rinse two times a day with Peridex or as instructed by the doctor.

3. Physical exertion or exercise should be avoided during the first 24 hours after surgery as this may result in increased bleeding and discomfort.

4. Take care of the surgical site: brush it carefully after the first day using water, but no toothpaste. The tissue can be cleaned with a wet gauze or cotton pellet, rubbing gently toward the tooth. Clean tissue heals faster. Toothpaste can be used in the other areas of the mouth. **DO NOT FLOSS** or use a water irrigating instrument in the surgical area for one week.

5. Medication, including those for pain, will usually be given. These should be taken in accordance with instructions on the containers. If you are given narcotic pain medication, you should not drive or perform any activity which would require coordination, since some medications will cause drowsiness and lack of coordination. *Antibiotics should be taken until they are completely gone.* Alcohol should not be used while taking medications.

6. Diet during the first 24 hours should be limited to clear liquids and soft foods. The more movement of the tissue during the first 24 hours, the greater chance for continued bleeding. Alcohol, carbonated beverages, and smoking should be avoided since they may damage the blood clot. Avoid drinking with a straw or causing any suction in the mouth as this may also disturb the clotting mechanism. Work up to normal foods gradually.

7. Sutures placed are to aid in holding the tissue down to the bone, thus allowing healing to occur. However, the tissues will be tender for a time until the sutures are removed. Do not be alarmed if one comes loose. If in doubt, contact the office.

8. Careful attention to and compliance with post-operative instructions will add to your comfort and hasten recovery. If you have questions, contact the office. We can be reached 24 hours a day, seven days a week through our voicemail system. Your speedy and uneventful recovery is our main concern.

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