

POST OP DIRECTIONS

Root End Surgery / Apicoectomy

AFTER THE PROCEDURE

PLEASE AVOID EATING UNTIL THE NUMBNESS IN YOUR MOUTH WEARS OFF. THIS WILL PREVENT YOU FROM BITING YOUR CHEEK OR TONGUE. FEEL FREE TO ENJOY A PROTEIN SHAKE OR MILKSHAKE UNTIL THEN.

SWELLING

SWELLING AND BRUISING MAY OR MAY NOT OCCUR AND MAY LAST FROM 3 DAYS UP TO 1 WEEK. SWELLING CAN BE MINIMIZED BY APPLYING ICE PACKS ON THE OUTSIDE OF YOUR CHEEK FOR 20 MINUTES ON, 20 MINUTES OFF FOR 4-6 HOURS FOLLOWING YOUR PROCEDURE. IF ANY DISCOMFORT PERSISTS AFTER TWO WEEKS BE SURE TO GIVE YOUR ENDODONTIST A CALL RIGHT AWAY.



YOUR DIET SHOULD CONSIST OF NOURISHING FOODS OF A SOFT AND LIQUID CONSISTENCY FOR THE FIRST 3 DAYS FOLLOWING YOUR PROCEDURE. PLEASE AVOID ALL FOODS THAT ARE EXCEPTIONALLY HOT/SPICY AS IT CAN CAUSE IRRITATION AROUND THE AREA AS WELL AS CRUNCHY AND STICKY FOODS SUCH AS NUTS, POPCORN, PRETZELS, GUM, CHIPS ETC. UNTIL YOUR NEXT VISIT.

Prestige Dental Specialists

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DISCOMFORT & MEDICATION

IT IS NOT UNUSUAL TO HAVE SOME DISCOMFORT FOR A FEW DAYS FOLLOWING YOUR PROCEDURE. IF YOUR PHYSICIAN ALLOWS YOU TO TAKE MOTRIN (NSAIDS), TWO OVER THE COUNTER MOTRIN EVERY 8 HOURS WILL BE SUFFICIENT FOR PAIN. MOTRIN IS PREFERRED, AS IT CONTAINS ANTI-INFLAMMATORIES AND WILL HELP WITH ANY DISCOMFORT AS WELL AS SWELLING. YOU MAY BE GIVEN A PRESCRIPTION FOR A MORE POTENT MEDICATION TO BE TAKEN ONLY IF NECESSARY, TO MINIMIZE YOUR DISCOMFORT. CONTINUE ANY MEDICATIONS PRESCRIBED FOR THE NEXT 3 DAYS AFTER YOUR PROCEDURE, THEN AS NEEDED.



BRUSHING

PLEASE DISCONTINUE ALL BRUSHING AND FLOSSING AROUND THE TREATED AREA UNTIL YOUR NEXT VISIT FOR SUTURE REMOVAL.

SMOKING

TOBACCO SMOKE CAN INTERFERE WITH THE HEALING PROCESS. REFRAIN FROM SMOKING FOR TWO WEEKS FOLLOWING YOUR PROCEDURE.



CALL RIGHT AWAY



... IF SEVERE PAIN/MODERATE SWELLING OCCURS DAYS FOLLOWING YOUR PROCEDURE.

...IF YOU HAVE AN ALLERGIC REACTION TO MEDICATION, INCLUDING A RASH, HIVES OR ITCHING (NAUSEA IS NOT AN ALLERGIC REACTION)

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