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## INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

1. APPLY ICE TO FACE AT LEAST 20 MINUTES EVERY HALF HOUR FOR 48 TO 72 HOURS.
2. IN ORDER TO PREVENT TEARING OF SUTURES:
  - a. DO NOT RAISE LIP TO LOOK AT OPERATED SITE
  - b. DO NOT BRUSH AREA. BRUSH OTHER AREAS OF THE MOUTH AND USE MOUTHWASH GENTLY.
3. DO NOT EAT GRITTY (IE: TOAST) OR CHEWY (IE: STEAK) FOODS FOR 3-5 DAYS. EAT A SOFT DIET SUCH AS: EGGS, MASHED POTATOES, SOUPS, MILKSHAKES, ETC. USE A DIET OR VITAMIN SUPPLEMENT AS DESIRED.
4. AFTER 24 HOURS, YOU CAN BEGIN USING WARM SALT WATER RINSES, GENTLY, AFTER MEALS (1/2 TEASPOON SALT IN ONE GLASS OF WATER).
5. IF BLEEDING OCCURS, APPLY ICE PACK WITH GENTLE CONTINUOUS PRESSURE OVER THE AREA UNTIL BLEEDING STOPS.
6. RETURN FOR ALL SCHEDULED VISITS WITH YOUR DOCTOR. IT IS IMPORTANT THAT SUTURES ARE REMOVED WITHIN THE SPECIFIED TIME PERIOD TO AVOID INFECTION. ADDITIONAL FOLLOW UP VISITS WILL BE SCHEDULED AT NO CHARGE TO YOU SO THAT HEALING MAY BE EVALUATED.
7. ALWAYS FOLLOW ALL YOUR DOCTORS INSTRUCTIONS WITH REGARDS TO MEDICATIONS SUCH AS ANALGESICS AND ANTIBIOTICS.
8. DO NOT HESITATE TO CONTACT YOUR DOCTOR WITH ANY QUESTIONS OR CONCERNS THAT MAY ARISE.

**MEDICATIONS**

**INSTRUCTIONS**

**START**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

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5) \_\_\_\_\_