



Bay Area Endodontics

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POST SURGICAL INSTRUCTIONS

- 1) No smoking for at least 3 days after surgery. Smoking will affect the healing process adversely and may cause pain.
- 2) Take your medications as prescribed and drink plenty of fluids.
- 3) Apply an ice pack to operated area the day of surgery until bedtime, 20 minutes on and 20 minutes off to help prevent swelling and soreness.
- 4) Follow a soft diet the day of, and the day after, surgery. Resume normal diet 48 hours after surgery as tolerated.
- 5) Starting tomorrow, brush teeth adjacent to the surgical areas in a normal manner. Brush teeth in the operative areas gently and away from tissue. Keep your mouth as clean as possible to promote healing. No electric toothbrush for 1 week.
- 6) Use the Periogard Mouthwash as directed.
- 7) Do not lift lip or place tongue on surgical area to prevent pulling out sutures.
- 8) Rest as much as possible for the first 24 hours. Do NOT lie flat, elevate your head with at least two pillows when lying down or at bedtime.
- 9) Restrict strenuous activity for 2 to 3 days following procedure.
- 10) Some swelling is common for up to 5 days after surgery.
Contact the office immediately if you experience any of the following:
 - uncontrollable pain
 - severe bleeding
 - spike in temperature
 - inability to open your mouth