



MODESTO endodontics

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Post Operative Instructions following Endodontic Surgery

- **Sutures:** Sutures are typically removed after 4-7 days.
- **The initial healing time:** This is the most fragile period and requires your careful precaution. After the sutures are removed, the soft tissue will continue to heal for the next 4-6 weeks.
- **Ice the Area:** Do this diligently for the first 6-8 hours following surgery with two ice packs you can rotate though the freezer. Icing the area for 20 minutes followed by a 10-minute break and then back on for 20 minutes usually gives the best result. Ice on the day of surgery only.
- **Bleeding:** Some slight bleeding following surgery for up to 24 hours is not uncommon. Keeping the area iced and your head elevated will help reduce bleeding. The amount noticed should be small. Some blood will mix with saliva and may give the appearance of more. If you notice bleeding to continue for a long period of time without reducing, or if the amount seems to be a lot, then you should contact our office (209) 524-9950.
- **Activity:** You should minimize aerobic activity or heavy exercise for 48 hours after surgery.
- **Care for the Surgical Area:** Allow the area to heal. Do not touch the sutures with your tongue which may dislodge the sutures and disturb healing. Some sutures may become loose which is usually not an issue as long as the tissue it was tied to remains in place. Do not chew near the surgical site. A diet of soft foods including protein shakes and smoothies are best during the initial healing phase. Do not suck on straws or from sports bottles or anything that would create a suction in the mouth. Do not brush or floss the affected area. Instead, gently rinse the area with any antibacterial rinse recommended by the doctor. You may brush and floss the other areas of your mouth. Refrain from pulling back on your lip to look at the surgical site unless absolutely necessary to not disturb the healing process.
- **Discomfort and Swelling:** Expect some discomfort and swelling. Take pain medication as directed by the doctor to reduce the pain and possible swelling. If you do experience swelling, it will typically peak at the 2nd or 3rd day following the surgery. Discoloration of the facial skin can sometimes occur but typically resolves without intervention. If you are concerned, please contact our office (209) 524-9950.
- **Infection:** Antibiotics are not always necessary, but if they have been prescribed for you, it is important they are taken as directed and until completely gone even if you no longer have pain or swelling.