



### **Post-Operative Instructions for Apical Surgery**

**Diet:** Liquids and soft foods are recommended for the first week following surgery, (i.e. eggs, soups, pasta, meatloaf, pancakes, yogurt, etc.).

**Hygiene:** After 24 hours, rinse after meals with warm salt water before bed or with Perioguard supplied. Do Not use COMMERCIAL mouth washes or sprays. Use a fresh bottle of 3% hydrogen peroxide with cotton swab on stitches and around surgical area to keep the area clean. Remaining teeth may be brushed and flossed as usual.

**Partial Dentures:** Unless otherwise instructed by the doctor, partial dentures should not be worn until so advised.

**Bleeding:** Some light bleeding is to be expected. If it should become profuse, place a gauze or wet teabag to the area with direct pressure for 30 minutes. If bleeding continues call the office.

**Swelling:** Swelling and bruising may increase during the first 48 hours following surgery. Swelling may last 4 to 5 days. The following measures minimize swelling and bruising.

**Elevation:** Keep your head elevated and sleep on an extra pillow to help minimize swelling and bruising.

**Ice:** Ice will help cut down on swelling that takes place during the first 24 hours. Use an ice bag or cold pack wrapped in a towel on the outside of your face against the surgical area for 15 minutes then off for 15 minutes, rather than continuously, for the first 24 hours after surgery.

**Heat:** After the first 24 hours have passed, any swelling that may occur will already have done so and the swelling will go down slowly. Warm compresses will help to bring down the swelling. Use these warm compresses 20 minutes out of each hour.

**Antibiotics:** If an antibiotic is prescribed after surgery; it is important that you take ALL of you antibiotic.

**Prescription Rinse:** If a prescription rinse is recommended, use twice a day. Ideally after you brush your teeth in the morning and in the evening before bedtime with nothing to eat or drink for half an hour afterwards.

DO NOT RINSE OR SPIT FOR 24 HOURS.

DO NOT SMOKE FOR AT LEAST 48 HOURS.

DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH.

DO NOT USE A STRAW FOR 48 HOURS.