

Olympia Endodontic Group

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Instructions for Patients Following Surgery

1. CARE OF THE MOUTH:

Do not rub your face in the surgery area, nor play with it with your tongue. Avoid smoking, warm fluids, rinsing and spitting for the remainder of the day.

2. BRUSHING:

Brushing and rinsing of the mouth should be avoided the night of the surgery. You can resume normal brushing and flossing the following day, however, do not brush the surgical area for 1 week. For extra protection and better healing, gently rinse with salt water at any time starting the day after surgery. Mix 1/2 tsp. salt with 1/2 cup water.

3. PAIN:

A certain amount of pain is to be expected with all types of surgery. If the doctor feels that it is necessary, a pain medication will be prescribed for you. Please follow all directions for proper use of these drugs.

4. ANTIBIOTICS:

An antibiotic may have been prescribed for you. It is important that you complete the prescribed antibiotic regimen for the medication to be effective. Get your prescription filled immediately.

5. SWELLING:

A slight amount of swelling and discomfort is not unusual. In most instances swelling can be prevented or controlled by applying an ice pack to the outside of the face over the surgical area. Repeat cycles of 20 minutes on and 20 minutes off the day of surgery. If swelling is noticed the next day, hot compresses (hot water bottle, hot towel) can be applied to the area over the next few days to hasten its resolution.

6. BLEEDING:

A slight amount of bleeding following surgery should not be alarming. If the bleeding is excessive or continuous, please call. Vigorous rinsing of the mouth or spitting, the day of surgery, prolongs bleeding by removing the clotting blood, so please avoid.

7. DIET:

Eating should be avoided for at least 1 hour following surgery. On the day of surgery, it is best to restrict your diet to very soft foods. A normal diet may then be taken the following day. Very hot, cold and spicy foods may cause some discomfort and should be avoided. When eating, chew on the side not operated on. Following the first day of surgery, eat what you can manage. If it hurts, don't eat it. Always use your best judgment to what you can and cannot eat.