



Post-op Instructions Following Endodontic Surgery

What to expect:

The area worked on has been traumatized during apical microsurgery. For the next 48 hours it is NORMAL to feel discomfort in the area, as your body naturally creates inflammation in healing itself. Some soreness may last for up to one week or more. You may also feel some tenderness in your jaw from being open for an extended period of time. On occasion, slight bruising or swelling may occur. The anti-inflammatory medication that has been recommended (ibuprofen) will help with most of these symptoms. In addition, please refer to the following instructions:

1. Take 600mg ibuprofen (three over-the-counter tabs) every 6 hours, for the next 2 days, even if you do not feel any pain. This helps the most with swelling and pain. The total amount of ibuprofen taken is not to exceed 3200mg in 24 hours.
2. If ibuprofen cannot be taken, then take 500-1000mg acetaminophen (one or two extra-strength over-the-counter tabs) every 6 hours for the next two days. The total amount of acetaminophen taken is not to exceed 4000mg in 24 hours.
3. If Norco has been prescribed, take one tablet every 4 hours or two tablets every 6 hours. You should NOT drive while taking this medication. Also, do not take acetaminophen when taking Norco, as it is already in the medication.
4. Use the ice pack for 20 minutes on then off for the first 8 hours after surgery. The day after surgery, moist heat (washcloth with hot water) applied to the area may speed the recovery.
5. After 2 days, you may take ibuprofen or acetaminophen as needed.
6. Use the mouthwash morning and night (rinse for 30 seconds). Do not brush the area with sutures. Take any other medications as prescribed. If taking antibiotics, be sure to finish the entire course of medication.
7. Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue. The tissue is very fragile and should not be manipulated (no pulling on the lips/cheek, and no brushing the area of surgery). The chlorhexidine rinse should be used twice a day to keep the area clean instead of brushing.
8. Chew on the opposite side of your mouth and be careful not to traumatize the area while eating by avoiding hard or sharp foods.
9. Keep your follow-up appointments for suture removal and to monitor healing. Resorbable sutures may become loose prior to your appointment, please try not to pull on them.
10. Contact us with any questions or in case of an emergency during normal business hours at (253) 277-0898. Dr. McNamara may be reached after hours for a dental emergency at (206) 799-6168.

Thank you for your visit, and we wish you continued health.