SHORE ENDODONTICS

459 Lakehurst Rd, Toms River, NJ 08755   2130 Hwy 35N, Unit 126A, Sea Girt, NJ 08750

APICOECTOMY
POST-SURGICAL INSTRUCTIONS

Some degree of pain and swelling is considered normal. Skin discolorations may also be experienced. Maximum swelling will occur between 2-3 days after the procedure. It is important that these instructions are followed to allow uncomplicated and rapid healing.

Day 1

1. **Apply an ice pack** to face over the operated area 20 minutes on and 20 minutes off until bedtime in order to keep the swelling to a minimum. A bag of frozen peas placed in Ziploc bags works well.
2. **Do not raise your lip with your fingers** to inspect the treated area. The operated area should be treated with special care.
3. **Rest** for the entire day. Do not exercise for one to two days.
4. **Stay on a soft diet and avoid hot liquids** for the first 48 hours.
5. Refrain from brushing your teeth.
6. Refrain from rinsing your mouth even after meals.
7. Refrain from smoking for 12-18 hours.
8. **Elevate your head** on a few pillows while sleeping. This will help keep the swelling to a minimum.
9. Take medications as prescribed.

Day 2-7

1. **Discontinue** the applications of ice to the face.
2. Begin to rinse the treated area with warm salt water 5-8 times daily. Use about ¼ to ½ teaspoon of salt to 8 oz. of warm water. Make sure you soak the area each time for about 5 minutes.
3. **Brushing** your teeth is allowed **except for the area that was treated surgically**. You may also rinse your mouth after brushing and after meals to keep the surgical area clean.
4. Get plenty of **rest** and resume **normal intake of food,** especially liquids such as fruit, juice, soup and milk.
5. If a periodontal pack was placed over the surgical area **Do not disturb it**. However, if it becomes loose and uncomfortable call the office immediately.
6. Take medications as prescribed.

Should any difficulties or questions arise,
do not hesitate to call this office at any time day/night or weekends.