

Post-op Surgical Instructions

To our patients,

Under most circumstances we anticipate that your post-surgical recovery will be uneventful as long as the following instructions are adhered to:

1. You have been given a re-useable ice pack to place over the surgical area; 15 minutes on, then for 15 minutes off. Do this for the SIX hour time period following your surgery.
2. Before the anesthesia wears off, take two Advil (Ibuprofen) or Tylenol tablets, or any other pain reliever that has worked for you in the past for headaches. Continue to use the medication to control any pain according to the instructions on the container. If the medication does not control the pain, **fill the prescription given to you.**

If you fill the prescription, follow the instructions on the container.

3. Drink no carbonated or alcoholic beverages. Eat anything **except steaming hot liquids and brittle foods** (crackers, raw celery, peanuts, etc.). Chew on the opposite side of the mouth.
4. Hold a cap full of Chlorhexidine Gluconate (Peridex or Perio Guard) in the area of surgery twice per day for 60 seconds for the week following the surgery, or until you empty the bottle, whichever is first. Avoid brushing in the area of the surgery for 48 hours, and then brush carefully so as to not dislodge the flap.
5. For the first 48 hours, do not raise your lip, and do as little talking as possible.
6. Some swelling can be expected. It will reach its maximum in 48 hours. Call the office if you feel the swelling is excessive.
7. Do not smoke for 12 hours.

If you have a concern during your recovery time, please contact our office at (509) 928-7862.

Your well-being is very important to all of us.

Sincerely,

Spokane Endodontics, P.S.