



# ENDODONTICS OF CHERRY CREEK & DTC

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## POST OP INSTRUCTIONS FOLLOWING SURGERY

*For optimal healing, please read and follow the instructions below carefully*

1. Do not lift or pull on lip. This may cause tearing out of sutures.
2. Use cold application (ice pack) over operated area as soon as possible – ½ hr. at first; ten or 15 minute intervals (15min on – 15min off) for next 6-8 hours. Also apply the ice pack over the area for 20 min. prior to going to sleep. A plastic “baggie” with ice is a good ice pack.
3. Slight bleeding during the first day is normal.
4. Do not rinse mouth vigorously for 24 hours.
5. After 24 hours, gently rinse mouth with warm water after each meal & before bed. Continue this rinsing until healing is complete.
6. Brush the teeth gently, and keep the mouth clean as possible. This will help speed the healing.
7. Avoid all heavy chewing. Do all chewing on the other side of the mouth.
8. Use foods that will be nourishing but will not require vigorous chewing. (Eggs, soups, smoothies, etc.).
9. Some swelling and discoloration is normal and will gradually disappear. Swelling usually occurs overnight and the following 2-3 days after surgery.
10. If any unusual symptoms develop, please contact our office for further instruction. There is a doctor on call at all times.
11. Take medications as prescribed. Please report any unusual reactions.
12. Sutures will be removed 1-2 weeks after surgery.
13. Pain medications containing a narcotic may alter perception. Do not drink alcohol, drive, or work under hazardous conditions while taking this type of pain medication. Often times, over-the-counter Ibuprofen, Aspirin, or Tylenol (if unable to take NSAIDs), taken as directed will suffice.

*Setting the Standard of Excellence in Endodontics Since 1971*