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**Care of Your Mouth after Endodontic Surgery**

To allow your body time to heal itself properly, please follow these instructions:

1. Ice or cold pack should be applied to the area 15 minutes on and 15 minutes off (or as often as is comfortable) for the first 24 hours. After this, a warm water bottle can be applied until swelling is decreased.
2. **DO NOT** pull at your lip or cheek to look at the area. It is important not to tear the sutures through the gum tissue or to disturb the healing process.
3. Smoking and drinking alcoholic beverages may delay the healing process. Do not smoke or drink alcoholic beverages during the first 24 hours.
4. Pain is usually slight and is managed well with ibuprofen (e.g. Advil), Tylenol or similar over-the-counter pain relievers. Please refer to your medications instruction sheet.
5. **SWELLING:** Some swelling is normal and generally disappears in 3-5 days.
6. Discoloration of the face may occur and is little cause for concern. It generally clears up within 7-10 days.
7. **BLEEDING:** Some oozing of blood from the surgery is normal. Pressure will control this. If bleeding occurs, apply pressure. This may be a "rebound" affect from an ingredient in the local anesthesia.
8. **DIET:** It is always important to eat and drink well. Do not chew on the area that has been operated on for at least 24 hours. Liquids are very important.
9. **ORAL HYGIENE:** Clean your mouth carefully. The area operated on should not be brushed for the first 24 hours. After that use a **soft toothbrush** to gently clean the teeth and a **wet cotton ball** or **gauze** to gently wipe the gum area, especially if a whitish debris is collecting.
10. Sutures (stitches) are normally to be removed in 2-7 days. This is a painless procedure and takes about 5 minutes.
11. If any unusual symptoms occur, such as continued bleeding, fever, pain not controlled by Advil (see No. 4), etc., call our office at once.