

Instructions Following Endodontic Micro-surgery

Thank you for visiting our office. Please follow these guidelines:

- Your local anesthesia will wear off in two to four hours. If applicable, take the following medications as prescribed by our office:
Antibiotics _____
Anti-inflammatory medication _____
Pain medication _____
Any other medication _____
- Please rest and avoid strenuous activities for the remainder of the day.
- Do not use any medication that your physician, pharmacist, etc. has advised you not to take. Please follow manufacturer's instructions and discontinue alcohol use with medications.
- Take all routine medications as directed by your physician. Immediately stop using any drug that causes stomach upset or allergic reactions (including hives, rash, facial swelling, asthma, or wheezing). Seek immediate medical attention if any complications arise.
- Your sample pack contains gauze and one ice pack. Brush as directed and follow your normal home care routine except avoid the surgical site for a few days.
- Apply an ice pack to the surgical site for twenty minutes on, twenty minutes off – for the first 24 hours after surgery. Applying pressure is as important as the cold temperature.
- Sleep with two pillows to slightly elevate your head during the first night.
- Starting the morning after the surgery, gently rinse your mouth with warm salt water (1 teaspoon of salt dissolved in ½ cup of warm water) 2 to 4 times a day for the next 7 days.
- Eat meals at regular intervals but avoid food that may traumatize the incision site. Avoid spicy and hot (temperature) foods. Good foods are eggs, soup, pancakes, milkshakes, or yogurt.
- If you experience any swelling, fever, chills, or discomfort, please call our doctor at 703-429-9926 during or after regular business hours. If your call is not picked up, please leave a voice message, or you can send a text message to the same phone number. If the call back is not received within one hour, please call again.
- We will send a record of your treatment including radiographs to your general dentist. If applicable, you must visit your general dentist for a final restoration since our office completes only the endodontic portion of your dental care
- If a specimen was sent to the pathologist, you will receive a statement from Oral Pathology Consultants.
- To remove sutures and evaluate healing, please return to our office within 5-7 days.

We hope that your experience with us was seamless and comfortable. Please remember to leave us a review and feedback and help other people like you find an endodontist whose top priority is their comfort and providing the highest level of quality care.

Please do not hesitate to contact us with any questions or concerns. We're just a phone call away.

Thank you.