

APICOECTOMY POST CARE INSTRUCTIONS

Immediate Instructions

- Wait to Eat: Do not eat until the anesthesia completely wears off. If you are hungry, stick to liquids like soup or smoothies.
- Avoid Biting Injuries: Be careful not to bite your lips, cheeks, or tongue while numb. This can cause injury.
- Mild Discomfort: Some soreness once the anesthesia fades is normal.

What to Expect & Pain Management

- Take medication as directed for mild to moderate pain
- Apply ice packs to the face over the surgical site for the first 12-24 hours, alternating 20 minutes on and 10 minutes off
- Rest with your head elevated (use an extra pillow when lying down) to reduce swelling
- After the first 24 hours, begin gently rinsing your mouth with warm salt water (½ teaspoon salt in 8 oz warm water) 2-3 times daily for the next 24 hours only, especially after eating.
- Do not lift or pull up your lips or cheeks to look at the surgical area as the sutures may tear

Oral Hygiene

- Begin brushing, flossing and using mouthwash immediately, but avoid directly brushing and flossing the surgical site for the first 24-48 hours.
- Do not brush or floss directly over the surgical site during this period – doing so may disrupt the clot or sutures.
- If prescribed, use any medicated mouthwash (e.g., chlorhexidine) as directed, starting the day after surgery.
- Continue practicing a good hygiene routine at home indefinitely.
 - Brush 2x daily for 2 minutes to remove plaque and bacteria from around teeth and gums
 - Floss 1x daily to remove plaque and bacteria from around your teeth and gums
 - Waterpik if recommended
 - Use mouthwash as needed and/or prescribed mouthwash as directed

Diet

- Eat soft, cool foods for the first 24-48 hours. Recommended options include: soups, smoothies, yogurt, scrambled eggs, oatmeal, pudding, or jello.
- Avoid hot, spicy, crunchy, or acidic foods, as well as alcoholic beverages, for several days.
- Drink plenty of water to stay hydrated and support healing.
- Avoid sugary beverages and alcohol, which can contribute to dry mouth and bacterial growth

Activity and Lifestyle

- Limit physical activity: avoid exercise, bending, or heavy lifting for 24–48 hours to reduce the risk of bleeding or swelling.
- Do not smoke or vape. Smoking can severely delay healing and increase the risk of complications, including infection.