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Endodontic Microsurgery Post-Operative Instructions

What to Expect:

- Slight numbness or altered sensation may occur temporarily.

First 6–8 Hours: Ice & Rest

- Apply ice pack with light pressure (20 minutes on, 20 minutes off) for 4–6 hours.
- Rest and avoid strenuous activity on day of surgery.

After 24 Hours: Heat, Rinses and Hygiene:

- Use moist heat (warm, damp cloth) 3× daily for 20 minutes until swelling resolves (~3 days).
- Use prescription mouth wash as directed on the bottle (drool liquid on the side of your face), 2-3 times per day after meals and at bedtime.
- Brush other teeth as usual but avoid surgical site. Do not floss or brush near sutures until advised.

Diet and Oral Care:

- Soft foods for 2–3 days (soups, yogurt, smoothies). Avoid hard, crunchy, spicy, or hot foods.
- Drink non-carbonated fluids; avoid straws. Do not pull on your lip or touch the site.
- Avoid smoking and alcohol for at least 48 hours.

Pain and Medications:

- Take 600 mg ibuprofen every 6 hours as needed (max 3200 mg/day). If contraindicated, use acetaminophen (extra strength Tylenol) 500–1000 mg every 6 hrs (max 4000 mg/day).
- Alternate between ibuprofen and acetaminophen for stronger relief if needed (take them 3-4 hours apart).
- Prescription meds may cause drowsiness—do not drive or operate machinery.
- If prescribed antibiotics, take as directed.

For women: Some antibiotics may reduce the effectiveness of oral contraceptives. Use an alternate form of birth control during treatment and for one additional cycle.

Also, consult your physician if pregnant or nursing.

Additional Guidelines:

- Avoid strenuous activity for 48-72 hours.
- Do not blow your nose or sneeze forcefully for 2-3 days after upper tooth surgery.
- Return for follow-up/suture removal in 3-7 days.

Call Immediately If:

- Heavy or continuous bleeding.
- Fever or swelling beyond 48 hours.
- Severe pain not controlled by medication.
- Allergic reaction (rash, hives, itching—not nausea).
- Sutures come out unexpectedly

With proper care and timely follow-up, healing should progress smoothly. Please follow these guidelines and contact us with any concerns.