



INSTRUCTIONS FOR POST- SURGICAL CARE

- Take medications as directed including the mouthwash that was prescribed
- Do not disturb or examine the surgical area. **DO NOT PULL OR LIFT THE LIP.**
- Following the surgery, proper rest is important in reducing discomfort and possible complications. Within reason, you may resume your normal activities the second day following surgery; however, avoid overexertion.
- Some swelling is common and no cause for alarm. To avoid excessive swelling keep ice on your face in the area of the surgery (20 minutes on followed by 20 minutes off) for a minimum of four hours. NOTE: this will also help minimize discomfort.
- Discoloration or bruising of the skin may occur. This is not a reason for concern.
- Some bleeding is normal during the first 24 hours. Blood will mix with saliva and the bleeding will seem worse than it actually is. If bleeding is excessive, place gentle pressure against the area of bleeding with moistened gauze. Hold with firm pressure for 30 minutes. If this does not stop the bleeding, please call the office.
- Diet: For the first 48 hours following surgery, restrict your diet to liquid and soft foods. Also avoid hot or spicy foods, smoking, and alcoholic beverages. A well balanced diet is important.
- Oral Hygiene: Following the surgery, do not brush the teeth in the area. The day following surgery, brush and floss as usual except in the area of the surgery. In this area you may brush the chewing surfaces of the teeth only. **DO NOT BRUSH THE GUMS.** Start normal brushing and flossing after suture removal or as directed.
- Use the prescription mouthrinse as directed. **DO NOT USE ANY OTHER MOUTHWASH.**
- Return for removal of the sutures as appointed.

If you have any questions or should difficulties arise as a consequence of your endodontic treatment, please do not hesitate to call our office at (512) 330-9016. If you have an emergency after hours and you are a patient of record, Dr. Shell can be reached at (512) 791-5874 and Dr. Tran can be reached at (512) 799-4179. Please leave a detailed message and we will return your call promptly.

THANK YOU FOR THE OPPORTUNITY TO BE OF SERVICE.
