

POST-OP INSTRUCTIONS FOR SURGICAL ROOT CANAL (APICOECTOMY)

Ice: The day of surgery, after the procedure, continue icing the area (15 minutes on, 15 minutes off) for the next two hours.

Rest: After your surgical treatment, rest as much as possible for the next 24hrs. Do not attempt physical exertion at work or play, for these activities will raise blood pressure resulting in increased bleeding, swelling and pain. Avoid bending over and lifting heavy items the first day. Your discomfort is generally minimal after the first 12 hours. However, there is a wide range of healing patterns among individuals. While sleeping or resting, place pillows behind your head and neck to slightly elevate your head. You may want to protect your pillow using an old towel or pillow case.

Do Not: Raise your lip to look at the sutures. This may disrupt healing or tear the sutures. Avoid alcohol for the first 24 hours

Eating: Eat what is comfortable for you. Try to avoid eating brittle, crunchy food as well as hard foods that require heavy pressure to chew. Soft foods and liquids are best and avoid chewing on the side that was treated.

Smoking: Please refrain from smoking/vaping for the first 72 hours after surgery. Sucking or “dragging” on a cigarette causes a negative pressure in the mouth and enhances bleeding. The chemicals in smoke can delay healing.

Mouth Rinse: Start the night of surgery and continue using the Chlorhexidine mouth rinse for the next two weeks. (A.M. and P.M.). AVOID any vigorous rinsing or spitting for the first 24 hours to ensure proper healing and clot formation.

Brushing: Maintain your normal oral hygiene program of brushing and flossing EXCEPT in the surgical area. Do not floss the surgical area for 10 days. After 3-4 days you can gently lift the gum and brush the area.

Discoloration and Bleeding: It is normal to have some discoloration of the tissues around the surgical site. You may notice some slight bleeding at the surgery site after treatment. Discoloration (bruising) of the skin or cheek under the jaw line may occur occasionally. This does not occur with every patient, but if it does, there is no concern.

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Pain and Swelling: Do not be alarmed if you develop swelling—this is very common with apicoectomy treatment. Swelling is a normal consequence of manipulating the tissues at the surgical site. It is important to understand that there is a wide range of healing patterns following a surgery. Some individuals have very little pain or swelling the next day. Other people can have more intense pain and swelling for several weeks. Regardless of where you fall on this scale, you can expect to still have some tenderness in that area a week or more after the surgery because it takes time for tissues to heal. It typically takes several weeks for gums to feel normal. It may take the tooth several months to feel completely normal as your body fills in the bone around the tooth.

Pain:

Pain Management Medications – Take every 8 hours		
	<i>Patients who can take NSAIDs</i>	<i>Patients who CANNOT take NSAIDs</i>
Mild Pain	600-800mg ibuprofen	1,000mg acetaminophen
Moderate Pain	800mg ibuprofen + 1,000mg acetaminophen	500mg acetaminophen + hydrocodone (7.5/325mg)
Severe Pain	Follow the Moderate Pain regimen. We may need to add an antibiotic and possibly a mild steroid. Please contact our office.	

Just so you know:

Ibuprofen = Advil = Motrin. Do not exceed 3,200mg within 24 hours. Be aware, if NSAIDs cannot be used for pain management, the tooth tends to be more sore after treatment and healing tends to take longer.

Tylenol = acetaminophen. Acetaminophen comes in two doses, Regular (325mg) and Extra Strength (500mg). Do not exceed 3,000mg within 24 hours. Note: Hydrocodone already contains 325mg Acetaminophen per dose.

Aleve = Naproxen Sodium. We suggest taking ibuprofen instead of Aleve because you can take ibuprofen more often. If you prefer Aleve, please check the dosage on the bottle.

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If you were given a prescription pain medication like hydrocodone, the best way to take this is in conjunction with your over-the-counter medication -- do not stop taking the ibuprofen or acetaminophen. If your pain is still too severe and you are taking the recommended medications, please call the office for additional information and possibly a different prescription. At this time, we may prescribe you an antibiotic and/or a steroid.

Sutures: The sutures we placed may begin to fall out prior to your post op appointment, this is normal. Normally sutures will be removed 5-7 days after surgery. You will be numbed for this appointment.

Call: The proper care following surgical procedures will hasten the recovery and prevent complications. If during business hours, do not hesitate to call the office at (937)-240-3024 if you have any questions about unusual bleeding or severe pain.

In Case of an Emergency Outside Normal Business Hours: TEXT the emergency phone line at (214)-305-8994. Dr. Holmes will personally call you back at the earliest time he is available. For the quickest response, call our office during normal business hours. Please be aware that the after-hours service is available for patients of record only. Also, if you feel like a prescription is necessary, we do ask that you try to call before 10PM and after 8AM as these are the hours that the pharmacy is open. When a medication needs to be electronically prescribed outside of business hours, you will need to TEXT the following information to the emergency phone number after speaking with Dr. Holmes:

- Preferred Pharmacy with Address
- Pharmacy Phone #
- Your full name
- Date of birth
- Full address
- Phone Number
- Confirm any allergies