

## Harkeet S. Sappal, D.D.S. Endodontist

Practice Limited to Conventional & Micro-Surgical Endodontics

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### Apicoectomy Surgical Post-Operative Instructions:

Some degree of pain and swelling are considered normal. Skin discoloration may also be experienced. Maximum swelling will occur between 2-3 days after the procedure.

Please text/call Dr. Sappal's cell phone tonight to let him know that you are doing well.

Treat your tooth as a "sprained ankle". Any kind of constant pressure or chewing can cause further trauma to the tooth.

It is important that these instructions are followed to allow uncomplicated and rapid healing.

#### Day 1:

1. **Apply an ice pack** to face over the operated area 20 minutes on and 20 minutes off until bedtime in order to keep the swelling to a minimum. A bag of frozen peas placed in Ziploc bag works well.
2. **Do not raise your lip with your fingers** to inspect the treated area. The operated area should be treated with special care.
3. **Rest** for the entire day. Do not exercise for 1-2 days.
4. Stay on a **soft diet and avoid hot liquids** for the first 48 hours. Use your own judgement after this period but avoid hard, spicy, granular, and/or chewy foods until your next visit.
5. Refrain from brushing your teeth for the first 24 hours.
6. Refrain from rinsing your mouth even after meals.
7. Refrain from spitting or using a straw for the first 24 hours.
8. Refrain from smoking for 2 weeks post-operatively.
9. Elevate your head on a few pillows while sleeping. This will help keep the swelling to a minimum.
10. You can also use an old towel to cover the pillows in case blood (likely mixed mostly with saliva) drools at nighttime.
11. In case of prolonged bleeding, you can apply a boiled tea bag to the treated site to help stop bleeding. If bleeding persists, please call/text Dr. Sappal.
12. **Take medications as prescribed.**

#### Day 2:

1. **Discontinue the application of ice pack** to the face.
2. Begin to gently rinse the treated area with **warm salt water or Peridex mouth rinse (if prescribed) 2-3 times daily**. Use about one teaspoon of salt to 8 oz. of warm water. Make sure you soak the area each time for about 1 minute.
3. Brushing your teeth is allowed except for the area that was surgically treated. You may also rinse your mouth after brushing and after meals to keep the surgical area clean.
4. Get plenty of rest and insure normal intake of food, especially liquids such as fruit juices, soups, and milk.
5. **Take medications as prescribed.**

Should any difficulties or questions arise, do not hesitate to call the office at any time day/night or weekends.