

Inderpal Sappal, D.D.S. Endodontist

Practice Limited to Conventional & Micro-Surgical Endodontics

Office: 916-446-6143

Cell: 707-685-4330

APICOECTOMY SURGICAL POST-OPERATIVE INSTRUCTIONS

Please text Dr. Sappal's cell phone tonight to let him know how you are doing.

Some degree of pain and swelling are considered normal. Skin discolorations may also be experienced. Maximum swelling will occur between 2-3 days after the procedure. These instructions must be followed to allow uncomplicated and rapid healing.

Day 1

1. **Apply an ice pack** to the face over the operated area 20 minutes on and 20 minutes off until bedtime to keep the swelling to a minimum. A bag of frozen peas placed in Ziploc bags works well.
2. If you are able, continue on 600 mg of Ibuprofen (Advil, Motrin) every 6 hours, for 2-3 days after the procedure to prevent the inflammatory process.
3. If more pain relief is needed, take 500 mg of Tylenol (or Norco, if prescribed) for every 6 hours, staggered 3 hours apart from the ibuprofen.
4. **Do not raise your lip with your fingers** to inspect the treated area. The operated area should be treated with special care.
5. **Rest** for the entire day. Do not exercise for one to two days.
6. **Stay on a soft diet and avoid hot liquids** for the first 48 hours. Use your judgment after this period, but avoid hard chewy foods until your next visit.
7. Refrain from brushing your teeth.
8. Refrain from rinsing your mouth even after meals.
9. Refrain from smoking for 12-18 hours.
10. **Elevate your head** on a few pillows while sleeping. This will help keep the swelling to a minimum.
11. Take medications as prescribed.

Day 2-7

1. **Discontinue** the applications of ice to the face.
2. If you are able, continue on 600 mg of Ibuprofen (Advil, Motrin) every 6 hours, for 2-3 days after the procedure in order to prevent the inflammatory process.
3. If more pain relief is needed, take 500 mg of Tylenol (or Norco, if prescribed) for every 6 hours, staggered 3 hours apart from the ibuprofen.
4. Begin to rinse the treated area with warm salt water 5-8 times daily. Use about ¼ to ½ teaspoon of salt to 8 oz. of warm water. Make sure you soak the area each time for about 5 minutes.
5. **Brushing** your teeth is allowed **except for the area that was treated surgically**. You may also rinse your mouth after brushing and after meals to keep the surgical area clean.
6. Get plenty of **rest** and ensure **a normal intake of food**, especially liquids such as fruit juices, soups, and milk.
7. If a periodontal pack was placed over the surgical area **Do not disturb it**. However, if it becomes loose and uncomfortable call the office immediately.
8. Take medications as prescribed.