

Inderpal Sappal, D.D.S. Endodontist

Practice Limited to Conventional & Micro-Surgical Endodontics

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INCISION AND DRAINAGE POST-OPERATIVE INSTRUCTIONS

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

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 can, continue on **600 mg of Ibuprofen** (Advil, Motrin) every 6 hours, for 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, spicy, or granular foods** for the first 48 hours.
7. Rinse with Peridex prescription mouth rinse **TWICE** per day for **NO LONGER** than 2 weeks.
8. Refrain from smoking for 12-18 hours.
9. **Elevate your head** on a few pillows while sleeping. This will help keep the swelling to a minimum.
10. Take medications as prescribed.

Day 2-7

1. **Discontinue** the applications of ice to the face.
2. If you are able, take 600 mg of Ibuprofen (Advil, Motrin) every 6 hours, for 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. Continue to rinse the treated area with Peridex **TWICE** per day for **NO LONGER** than 2 weeks.
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.

Should any difficulties or questions arise, do not hesitate to call us at (916)446-6143