



CAROL E. MANN, DMD

After an Apicoectomy (root end surgery)

Do not disturb the wound by lifting the lip to look at the surgical site. Avoid rinsing, spitting, or touching the wound on the day of surgery.

Swelling - Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack, ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice pack 20 minutes on, 20 minutes off for the first day.

Bleeding - Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call for further instructions.

Diet - Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. A good indicator is if you cannot hear yourself chewing the food. Do not return to a normal diet as soon as possible unless otherwise directed.

Pain - Over the counter analgesics usually alleviate the discomfort. Ibuprofen (Advil, Motrin, Nuprin) works very well for dental pain. Use up to four tablets every four hours up four times a day. If you cannot take Ibuprofen, take two Tylenol or Extra Strength Tylenol every three or four hours.

Antibiotics- Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene - Good oral hygiene is essential to good healing. Chlorhexidine Oral Rinse helps to keep down bacteria levels in your mouth. Rinse with one capful for 30 seconds after breakfast and before going to bed. (Swish it around your mouth and spit it out)

Activity - Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

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ROOT CANAL THERAPY ENDODONTICS