

## SURGICAL POST OP INSTRUCTIONS

Thank you for visiting our office for your endodontic needs. This information will guide you in what to expect after surgical treatment.

1. Some swelling, minor pain, and/or bruising may occur following surgery. This will be temporary. To help reduce swelling, the use of an ice pack over the area is recommended. 15 minutes on, 15 minutes off, for the next 4 to 6 hours immediately following surgery.
2. DO NOT attempt to look at the treated area as this may cause the sutures to tear and prevent healing.
3. We will see you in approximately 2-3 days for your suture removal.
4. Do not smoke or use tobacco and 'vaping' products for 48 hours after your procedure. If you have questions about this instruction, please ask.
5. Brush your teeth as normal being particularly careful near the operated area.
6. A soft diet is recommended for the first day. Do not eat spicy foods. When drinking liquids, do not use a straw or create suction in your mouth. This may disturb the healing.
7. Starting the day after the procedure, use warm saltwater rinses every 3-4 hours for the next 2-3 days. (1/2 teaspoon salt with 8 ounces of warm water)
8. Call our office if you start to run a temperature above 100°F.
9. Follow instructions on all prescribed medications.
10. If a biopsy was collected at the time of surgery, it will be sent to an oral pathologist at the University of Iowa College of Dentistry. The biopsy report will be forwarded to you once we received it from the pathologist.

*\*Anti-inflammatory medications – TAKE THE HIGHLIGHTED MODALITY per Dr. Peek*

- *Ibuprofen = Advil<sup>®</sup> = Motrin<sup>®</sup> – 400mg [2 tabs] to 600mg [3 tabs] with food every 4-6 hrs. for discomfort*
- *Ibuprofen = Advil<sup>®</sup> = Motrin<sup>®</sup> – 800mg [4 tabs] with food every 8 hrs. for discomfort*
- *Tylenol<sup>®</sup> = Acetaminophen – 500mg [1 tab] every 4-6 hrs. for discomfort*
- *Naproxen Sodium = Aleve<sup>®</sup> – 220mg [1 tab] every 8-12 hrs. for discomfort*

11. Should you experience discomfort that cannot be controlled with the above medications, or if swelling continues to develop, please contact our office immediately. If you call after normal business hours, please have your pharmacy number available. But if you feel it is an emergency call 911.

We hope your experience with us was positive, and one you would like to share with others. Feel free to call us anytime if you need anything in the future.

**Dr. Peek & Staff**