

## Post-operative Instructions for Apical Surgery

The area where treatment was performed will be very sore and tender for the next few days. Swelling is likely to occur within the first 4-5 days and will subside after. It is normal to have some blood in your saliva for today, but if significant bleeding is suspected please call the office immediately.

### Recommendations:

- Take 600mg ibuprofen every 6 hrs for the next 2-3 days. This will help control swelling and inflammation and serve as a mild pain suppressant.
- Place an ice pack on the affected area, **15min on then 10min off**, for the next 4 hours immediately following treatment. **DO NOT ICE BEYOND TODAY.**
- Do not eat on the affected side for the next 3 days
- Do not brush the teeth on the affected side until 24 hours after your treatment.
- Rinse with warm salt water or the prescribed rinse if given. This should be done 3 times per day for 1 week to promote healing of the gums.
- Please do not pull at your sutures or try to look at them often, as they will come loose.
- If you have any significant pain and or swelling, please contact the office as soon as possible.

Recall Appointment: \_\_\_\_\_

Notes: