

# Post-Op Instructions for Endodontic Microsurgery (Apicoectomy)

## **FOR THE REMAINDER OF THE DAY:**

- Do not spit. Use a tissue to wipe your mouth as needed or swallow your saliva.
- Do not use a drinking straw. Drink straight from the cup.
- Do not smoke
- Keep fingers and tongue away from the surgical area. (Note: Spitting, the use of a straw, smoking, and/or poking can dislodge the blood clot that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection.)
- Come back in 3-7 days to remove the sutures.

## **BLEEDING:**

Some minor bleeding is expected after an Apicoectomy. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several days.

## **SWELLING:**

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week.

- Use an ice pack on the cheek or face next to the surgical site. Keep it on for 20 minutes, then off for 20 minutes, and repeat until you go to sleep. Start the process again the next day.
- Sleep with your head slightly elevated (above the heart). This will keep swelling down.
- On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.

## **EATING:**

You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. Avoid crunchy foods that break apart, like seeds or nuts for the first several days. These foods can get stuck underneath the soft tissue. Generally, the incision sites will close within a couple of days, and then it is safe to resume a regular diet.

## **BRUSHING:**

You may brush your teeth, avoiding the surgical area both tonight and tomorrow morning. Be gentle and do not spit or rinse forcefully. Start brushing the surgical area after sutures are removed.

## **RINSING:**

You may start rinsing tomorrow, gently, with warm salt water for 20 seconds gently morning and evening. Do not use alcohol-containing mouth rinses for a few days.

**BRUISING:**

It is possible you may experience bruising following this procedure. The bruising may travel to other sites outside of the area where the procedure was performed. This is not unusual and can take some time to fade.

**MEDICATIONS:**

1. Antibiotics are not always indicated. If they were prescribed to you, continue until the bottle is empty. Do not quit half way.
2. Pain Medications: We generally recommend ibuprofen (Advil or Motrin) and acetaminophen (Tylenol). Ibuprofen also has anti-inflammatory properties, and so 600mg of ibuprofen every 6 hours is recommended for at least the day of the surgery. If pain is minor on subsequent days, dosage may be reduced to 400mg every 4 hours as needed. If pain is more severe, two acetaminophen tablets (325mg each or 500mg each) may be taken with 600mg of ibuprofen at the same time, every 6 hours as needed. These drugs are metabolized in different organs in the body and are perfectly safe to take together.

**CONTACT:**

If you believe there are any complications, please reach out to us: (631) 998-9899.