

POST-SURGICAL CARE AND INFORMATION

HUNTER ENDODONTICS

Limited Practice

Stephen G. Hunter, D.D.S., M.S., P.A.

www.stephenhunterdds.com

1001 Sibley Memorial Hwy ♦ Suite 102 ♦ Lilydale, MN 55118 ♦ 651-452-1884

BLEEDING: Some minor bleeding for the first few hours, or a reddish color in your saliva within the first 24 hours can be expected. As with any bleeding, direct pressure to the area is a simple and effective method of control. A towel placed over your pillow will catch any overnight bleeding. Smokers are advised not to smoke as this can cause bleeding and complicate healing.

SWELLING: Some swelling and tissue discoloration is typical and may last for a few days. To help minimize this, apply firm pressure with an ice pack on the outside of the face over the surgical site for the first few hours after surgery. However, do not apply the ice pack continuously. Apply in a repeated pattern of 10 minutes on, then 10 minutes off to avoid freezing tissue.

PAIN: You should expect some discomfort in the general area of surgery for at least 24-48 hours. We suggest using a non-prescription pain medication that has worked for you in the past such as Advil, Aleve, Tylenol or aspirin. These are most often adequate to control any discomfort. If the over-the-counter medications prove inadequate, take prescribed pain medications every 3-4 hours as necessary. If an antibiotic is needed and has been prescribed, fill the prescription and take as directed until gone. If any medication we have prescribed for you seems to be making your general situation worse, or if you notice a rash or allergic type reaction at any time after taking a medication we have prescribed or suggested for you, discontinue it and call our office.

DIET: Do not eat and avoid hot liquids until the numbness is gone. Eat a soft diet away from the surgical site for at least the first 48 hours after surgery. Soft foods would include soups, yogurt, Jello, cottage cheese, etc. You may return to a normal diet if comfortable, but use caution with harder foods so as not to hurt the tooth or dislodge stitches. It is not abnormal for the surgically treated tooth to feel loose for some time.

ORAL HYGIENE: It is important to continue to brush your teeth well, but do not brush in the surgical area the day of your surgery. You may brush that area very cautiously the following day using a soft brush with the bristles further softened under hot running water. Also on the day following surgery, start rinsing your mouth gently with a warm salt-water solution (1/2-tsp. Salt in 8 oz. of comfortably hot water). Do this after meals and before bedtime (3-4 times a day) for at least the first few days. If you use a water pick, do not use it until after your return visit the following week.

FOLLOW-UP APPOINTMENT: A return visit is scheduled in 5-7 days to evaluate the progress of tissue healing and to remove any remaining stitches (absorbable stitches are sometimes used). If you experience any excessive bleeding or swelling, or uncontrollable pain or fever, please don't hesitate to call.