



SALT LAKE

OFFICE | 801.942.8686

TOLL FREE | 888.320.3636

PROVO

OFFICE | 801.356.3636

TOLL FREE | 866.622.3636

ROCKY MOUNTAIN

E N D O D O N T I C S

EMAIL | [rme@rockymtendo.com](mailto:rme@rockymtendo.com)

# SURGERY

- **Day of Surgery:** Apply ice pack to your cheek or jaw, 15 minutes on /15 minutes off for 6 hours, to reduce swelling. (Elevating your head will also help reduce swelling.)
- Take it easy today and let your body heal. Keep hydrated with water, Gatorade or juice. You can start eating **soft** foods as soon as desired. Avoid anything hot, spicy or acidic.
- Before numbness wears off, (about 2 hrs. after surgery), take prescribed pain medication to prevent pain, which can occur as anesthetic wears off.
- Avoid pulling your lip back to look at the sight, as this could cause the sutures to fail.
- **Day after:** Begin rinsing mouth with Peridex or warm salt water, 3-4 times daily for 2 weeks.
- Begin using your extra soft tooth brush to clean the area. For upper teeth, use a soft downward motion; for lower teeth, use a soft upward motion. It is very important to clean the area well. Brush twice daily. (Flossing the area is **not** recommended for the first week.)
- **Swelling:** You will have some swelling, which should peak about 48 hours after surgery. After 48 hours you can apply moist heat to help reduce swelling and soreness.
- **Discomfort:** Take prescribed pain medication as needed for discomfort. You may also use Ibuprofen, Aleve or acetaminophen to relieve discomfort.
- **Follow-up:** Please call for a follow-up appointment to be scheduled within 7-10 days after surgery. Sutures are absorbable and will fall out within 5-10 days.

If you experience difficulty breathing at any time,  
contact EMS (911)