



## Post-op Root End Surgery Instructions

### Bleeding

A certain amount of bleeding or oozing is to be expected near the sutures. If needed, you can, put some pressure with moist gauze on the area for 30 minutes. If excessive bleeding occurs place a wet tea bag inside the mouth at the surgical area and press firmly on OUTSIDE of cheek for 1/2 hour. If bleeding continues, repeat. Forceful spitting and excessive physical activity tend to increase and prolong bleeding. Resting in a semi-reclining position for the first few hours is highly recommended. If excessive bleeding persists call the office.

### Pain

If there is pain and if your medical history allows you can use an over-the-counter medication (i.e. one 600 mg Ibuprofen or three over-the-counter 200 mg Ibuprofen every six hours). Adding 500mg Extra-strength Tylenol (Acetaminophen) to this within each 6 hour window will give additional pain relief. Do not exceed 3200mg Ibuprofen or 3000mg Tylenol per day.

### Rinsing

48 hours after your surgery, use a warm salt water rinse (1/2 glass of water, 1/2 teaspoon salt; repeat 3 or 4 times a day for 1 week) or the prescribed mouth rinse (Peridex, follow directions on bottle), whichever your doctor has prescribed. Rinse gently.

### Swelling

If swelling occurs, it will reach its peak by the 2nd day and then gradually diminish. Discoloration may also be seen following surgery. To help minimize ordinary post-operative swelling, apply an ice pack to the face over the area of surgery for a few hours. Place the ice pack on for 20 minutes, followed by a 20 minute break, and repeat.



### Diet

It is important to maintain a good diet and remain well hydrated following your surgery. A liquid to soft-food diet is advisable for the first 2 days. This includes such things as applesauce, soup, pudding, Jell-O, spaghetti, ice cream, malts, etc. You should drink at least 8 glasses of liquid per day. Do not drink through a straw for the first couple of days.

### Dental Hygiene

Do not brush or rinse your mouth in the *surgical* area for the first 48 hours. You can brush normally in non-surgical areas. Do not use a rotary toothbrush or water pik for 7 days after the surgery.

### Other Recommendations

Avoid strenuous activity for the remainder of the day.

Smoking and alcohol consumption should be avoided for three days.

Avoid facial manipulation as much as possible. Do not raise the lip or retract the cheeks to inspect the surgical site as you may dislodge the sutures (stitches).

The sutures placed are dissolvable and will begin to dissolve within a week or two. There is no need to return for suture removal, but we do like to have you return at 6-12 months for a follow-up examination.

Take all medications as directed.

*Call us at (507)-242-1441 if you should have any concerns with your healing.*