



### APICO POST-TREATMENT INSTRUCTIONS

1. **BLEEDING:** A small amount or oozing of blood/bleeding for 24 hours after surgery is normal. A very small amount will turn an entire mouth full of saliva red. If excessive or continuous bleeding occurs, please call.
2. **PAIN:** You will have pain when the anesthetic wears off. To minimize your pain, do the following:
  - a. Begin taking 800mg of ibuprofen every 6-8 hours around the clock for 48 hours. Do not exceed 3200mg in a 24 hour period. If you are unable to take ibuprofen or are already taking an anti-inflammatory such as Celebrex or Naproxen, then try 1000mg of Tylenol every 4-6 hours. DO not exceed 4000mg of Tylenol per day. If a stronger pain medicine has been prescribed to you, this can be taken in addition to the ibuprofen, if needed.
  - b. If you are prescribed pain medication, take as directed. Even with your prescription, you may still have post-operative discomfort. This is normal. Pain medications may make you a little groggy and can slow down your reflexes. Suddenly sitting up or standing up may make you feel dizzy. Driving, making important decisions, or operating machinery should be avoided while taking prescription pain medication. Do not drink alcohol while taking pain medications.
  - c. Minimize strenuous activity for at least 3 days post surgery.
  - d. Follow all post-operative instructions.
3. **SWELLING:** Swelling and discoloration or bruising following endodontic surgery is normal and may continue for several days. If fever develops, please contact our office. To minimize swelling and discomfort, Place an ice bag with moderate pressure over the surgical area, alternate 20 minutes on and 20 minutes off for the first 8 hours after surgery. DO NOT use an ice bag after this 8 hour period as it will delay healing. Frequent moist heat applications can be used the first and second day after surgery.
4. **ANTIBIOTICS:** If you have been given a prescription for antibiotics, you must take all the tablets as prescribed.
5. **EATING:** It is very important that you continue to receive proper nourishment. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft foods or soups during the first 12-24 hours. A blender or food processor can be very helpful. Highly acidic or seasoned foods can cause a burning sensation. It is very important to maintain your normal fluid intake. Resume a balanced, high protein diet as soon as it is comfortable. Do not miss meals or get dehydrated.

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6. ORAL HYGIENE: The day of surgery, brush and floss in all areas except for the surgical sight which may be cleaned with warm salt water rinses after meals. This will make your mouth taste better. A Chlorhexidine mouthwash has been prescribed. Please rinse twice a day as directed.
7. SUTURES: Sutures will need to be removed at our post-operative appointment. Avoid manipulation of your lips as much as possible so as not to disturb the surgical sight. Raising the lip or retracting the cheeks to look at the surgical site. Raising the lip or retracting the cheeks to look at the surgical sight can dislodge the sutures.

These instructions will help to make you as comfortable as possible. If you have any questions or concerns, please do not hesitate to call our office.

Emergency phone number after hours: 513-373-3099