

Endodontic microsurgery has been performed on your tooth. You may have discomfort after treatment depending on the amount of inflammation/infection present in and around the tooth prior to treatment.

To help relieve your symptoms, please follow the instructions below:

- Please wait until the anesthesia wears off before eating.
- Use an ice pack on the surgical area for 20 minutes on and 20 minutes off for the first 48 hours.
- On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker
- Do not lift up your lips or place your fingers inside your mouth, sutures were placed.
- We recommend that you eat soft foods and chew on the opposite side for the first week.
- Expect post-operative discomfort, mild bleeding, swelling, and bruising.
- It is normal to experience discomfort following an apicoectomy. In certain cases, the tooth and surrounding tissue may be tender for a few weeks to months after treatment, correlating with the pre-treatment discomfort level. Patients often describe the tooth as feeling 'different.' A gradual decrease in discomfort indicates the expected healing process.
- Please fill prescribed medications promptly and take as directed.
- Please adhere strictly to the dosage and instruction guidelines printed on the label for any medication.
- Limit physical activity for the first 24-48 hours to avoid swelling, bleeding, and discomfort.
- Suspend supplements that promote bleeding such as turmeric, garlic, Ginseng, Ginkgo biloba
- Eat nourishing foods that don't require a lot of chewing, like eggs, soups, and smoothies. Avoid spicy and hot foods.
- Brush your teeth gently, but avoid the surgical area for a few days. Use the prescribed rinse 2 times per day as directed.
- Sleep with your head elevated slightly, above the heart. This will keep swelling down
- For emergencies after normal business hours, please call: **(239) 408-3636 option 1**

