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Post-operative Endodontic Surgery Care

- ✓ Do not eat anything or drink anything HOT while you are numb.
- ✓ Take 3 to 4 Advil™, 1 to 2 Tylenol™ or 1 to 2 Aleve™ (if you cannot take Advil™) while you are numb and every 4 to 6 hours for the first two days. Take as needed thereafter.
- ✓ For the next two days apply an ice pack to the outside of the face, 15 minutes on and 15 minutes off, as much as your schedule allows.
- ✓ Do **not** lift your lip up to examine the site as this may cause the sutures to tear.
- ✓ Swelling of the site is normal and can last as long as 7 days. However, if you run a temperature, call our office immediately.
- ✓ Brush your teeth in a normal manner but **DO NOT** brush around the surgical site.
- ✓ If medicine is prescribed, please follow the instructions carefully.
- ✓ The third day start warm salt-water rinses (1/2 teaspoon of salt to one cup of warm water) 3 to 4 times daily until the sutures are removed.
- ✓ Your suture removal appointment is on _____.