

APEX

ENDODONTIC
STUDIO

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POST OPERATION INSTRUCTIONS

1. For pain and inflammation, take **600 mg (3 tablets of 200mg)** of Ibuprofen (Advil) every **4 hours** for the first **3 days**.
2. The doctor will only prescribe antibiotics if they deem it necessary. If prescribed, take **2 tablets of Amoxicillin (antibiotic) after lunch or dinner today**. Then take **1 tablet three times a day with food** (at breakfast, lunch, and dinner).(Note: you need something in your stomach because too much medication can cause vomiting.)
3. A **soft diet** is recommended for the first **2 weeks** after surgery.
4. Apply **Cold Compress** to affected area for the first **24 hours for 15-20 minutes on and then 15-20 minutes off**. (Note: If there is swelling after 24 hours, then use Warm Compress for 15-20 minutes on and then 15-20 minutes off.)
5. Sleep with your **head elevated the first night** following surgery.
6. Make sure you apply the **Peridex rinse twice a day** to the affected area only with an applicator (i.e. Q-tip). (Note: Do Not Rinse as it could stain your teeth.)
7. Keep the area clean by **brushing lightly** in the area.
8. **Do not forcefully spit** when brushing/ cleaning the area. Let the water fall out over the sink. Creating force in the mouth may cause stitches to come out.
9. **Do not lift lip** to look at the stitches as this may cause them to rupture.
10. **Do not smoke** as smoking prolongs healing time.

If you experience severe pain, swelling, or bleeding, contact our office promptly.

We strive to provide exceptional service. If your visit today exceeded your expectations, please share your feedback with us!

