

Encinitas Endodontics

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Instructions Following Root Canal Surgery

For rapid healing, it is essential that the following directions be followed during the first week after root canal surgery.

- 1. DISCOMFORT** – Discomfort will vary in intensity according to the extent of the surgery. Discomfort can be controlled by taking the prescribed medication as directed. **Studies indicate that taking these pills before discomfort starts are most effective.** For most procedures the following protocol is recommended: 3 tablets of 200mg strength MOTRIN (ADVIL, IBUPROFEN) every 4 hours for at least 72 hours whether the area is sensitive or not. *This is NOT the case if you are allergic to ASPIRIN or ASPIRIN-LIKE products, in which you need to take 1000mg of Extra Strength Tylenol every 4-6 hours again for 72 hours to 1 week.*
- 2. SWELLING** – Swelling and discoloration (bruising) occurs in some patients. Applying an ice pack (ice in a baggie with a towel) to surgical area (20 minutes on 20 minutes off) for the first 24 hours after surgery can help control this. *If swelling involves the eye or you have trouble swallowing PLEASE CALL IMMEDIATELY FOR INSTRUCTION!*
- 3. BLEEDING** – Slight seeping from the surgical area is to be expected for at least 24 hours. Should oozing or bleeding occur, it may be stopped by gentle pressure with a piece of gauze. You may also place a wet tea bag in the area with pressure to control the oozing if it persists. *Remember, most of the wetness in the area is saliva, not pure bleeding.* *If persistent bleeding occurs, call immediately for instruction.*
- 4. CARE OF MOUTH** – **You should NOT brush or floss the surgical area until instructed to do so by Dr. McLachlan.** To clean the area, take a Q-tip with Hydrogen Peroxide and clean the surgical area 10-15 times a day. You may also rinse with the hydrogen peroxide for 2 minutes a couple of times a day to help the area heal. The cleaner you keep the area, the faster it will heal. Sometimes sutures do work themselves out – this is not a concern, healing will still take place.
- 5. DIET** – Adequate nutrition and hydration is essential for normal healing. No really hot foods/liquids for the first 24 hours.
- 6. NUMBNESS** - You may be numb for several hours after surgery including your lips and tongue (if it was a lower tooth) – please avoid biting these areas.

If you have any additional questions, please do not hesitate to contact me!

Our entire office is here to help!!