

# ASHEVILLE ENDODONTICS

201 East Chestnut Street Suite A  
Asheville, NC 28801

(828) 251-0300

\*\*\*\*\***Instructions Following Endodontic Surgery**\*\*\*\*\*

Discomfort can be mild to moderate following endodontic surgery. For mild pain, take ibuprofen (Advil), aspirin, or acetaminophen (Tylenol) as directed. Take the medication prescribed to you for moderate pain.

Avoid strenuous activity for the first 24 hours.

The area may bruise and have some mild swelling. Use the ice pack provided for the first 24 hours: 15 minutes on and 15 minutes off.

A small amount of blood may ooze from the surgical site for the first 36 to 48 hours.

An unpleasant taste may be noticed until the sutures are removed.

To allow for healing, you should avoid brushing the area, rinsing vigorously, smoking or eating crunchy or hard foods. Do not lift your lip to examine the area, because this can disrupt blood-clot formation and loosen the sutures.

It is important to drink a lot of fluids and eat nutritional meals to maintain a healthy immune system.

If any medication has been prescribed please take it as directed and finish all antibiotics.

**Women:** If you have been prescribed antibiotics please note that they may make your oral contraceptives less effective. Please consult your local pharmacist if you have any questions.

Avoid smoking and alcoholic beverages because they retard healing.

Please return to our office for your follow up visit and suture removal in one week.

**Office Hours: Monday-Thursday 8-5**

**Emergency Contact: Dr Jennifer Key (828) 279-1622**