

### Instructions Following Endodontic Surgery

<b>DO</b>	<b>DON'T</b>
<p>Apply the ice pack <i>for the first 24 hours</i>. (20 minutes at a time then re-freeze).  <i>After 24 hours</i>, the pack should be warmed for 5-10 seconds in the microwave and applied for 20 minutes at a time to soothe the area.</p>	<p>Lift lip to examine surgical area for one week because repeated irritations may delay healing.</p> <p><b>Smoke for 48 hours following surgery.</b></p>
<p>Eat soft foods, nothing harder than cooked pasta. Chew on the opposite side from the surgery site.</p>	<p>Eat crusty, hard, hot foods, drink carbonated beverages, or use a straw to drink until after your stitches are removed. Chew or bite on surgical side of mouth for 3 weeks.</p>
<p>Brush and floss all teeth <b>EXCEPT</b> the surgically treated tooth or teeth. Rinse with Peridex per package directions, twice a day starting on the second day.</p>	<p><i>Brush or floss</i> the surgery site for 3 weeks following surgery.  <b>Spit</b> following surgery, you may dislodge the clot.</p>
<p>Sleep with your head slightly elevated (two pillows) the first 3 nights following surgery.</p>	<p>Use mouthwash (Scope or Listerine), fluoride rinse or topical analgesics (Orajel or Ambesol).</p>
<p>Report any unusual symptoms such as excessive bleeding, swelling, or elevated temperature to Dr. Peterson at <b>817-461-4292</b> (slight bleeding is normal the first 24 hours).</p>	<p>Take your medication on an empty stomach. Operate heavy equipment or participate in strenuous exercises for the first 24 hours.            Mix medication with alcoholic beverages, as the interaction will amplify the adverse effects of alcohol and/or the medication.</p>
<p>Take 600mg (3 tablets) of ibuprofen (Advil, Nuprin, or Motrin IB) 3 times a day with meals for 4 days. If you are allergic to ibuprofen take 2 Extra Strength Tylenol every 4 hours. You may take these drugs in conjunction with the pain medication and antibiotics prescribed.</p>	<p>Take ibuprofen if you are allergic or have had an adverse reaction to it. Use Tylenol instead.  <b>Discontinue your medications without contacting Dr. Peterson.</b></p>

Dr. Peterson has prescribed the following medications:

Antibiotic: \_\_\_\_\_ This medicine is to treat infection. Please take all tablets, unless Dr. Peterson has instructed you otherwise. **If you are female**, antibiotics will reduce the efficacy of contraceptives and you must take additional contraceptive measures while you are taking this medication to avoid pregnancy.

Pain Medication: \_\_\_\_\_ This medicine is used to control your pain and should be taken as needed for pain. Do not drink alcoholic beverages, operate machinery or attempt strenuous activity while taking this medication.

Your follow-up appointment is scheduled for: \_\_\_\_\_