

## Instructions Following Apicoectomy (Microsurgery)

Thank you for trusting us with your care today; we want to ensure you feel confident and comfortable during your recovery. It's normal to experience some tenderness or mild discomfort following treatment, but this should gradually improve over the next few days. Please follow the post-operative instructions provided to you, and don't hesitate to reach out if you have any questions or concerns.

We're here for you every step of the way. If you experience any unexpected discomfort or need assistance, please call us at **703-429-9926** or text the same number. You can also email us at [info@endoreston.com](mailto:info@endoreston.com).

### Rest and Recovery:

- Avoid strenuous activities, such as weightlifting or aerobic exercise, for **3 days** after surgery. Plan to rest for the remainder of the day.

### Diet:

- Eat soft, lukewarm foods. Avoid spicy, crunchy, or hot (temperature) foods

### Swelling and Elevation:

- Swelling is normal and may increase for the first **24-48 hours** before it subsides.
- Apply an ice pack to the area for **10 minutes on, 10 minutes off** during the first 24 hours to reduce swelling.
- Use an extra pillow to keep your head elevated for the first **24 hours**.

### Bleeding:

- Minor bleeding or oozing is normal after surgery and should stop within a few hours.

### Oral Hygiene and Rinsing:

- Do not rinse your mouth on the day of surgery.
- Starting **day two**, gently rinse with warm salt water (¼ teaspoon of salt in 8 ounces of water) **2-3 times daily** for 1 week.
- Brush your teeth as usual but **be gentle near the surgical site**.
- Avoid oral rinses, spitting, and using straws for **48 hours**, as they may dislodge the clot or cause bleeding.

### Smoking:

- Minimize or avoid smoking, as it can delay healing. If you must smoke, protect the site with wet gauze.

### Pain Management:

- Take **400 mg of Ibuprofen** (two 200 mg capsules) every **8 hours** for up to 48 hours.
- If needed, take **500 mg of Acetaminophen** (Extra-Strength Tylenol®) every **8 hours**, either with or between doses of Ibuprofen. Avoid alcohol while taking this medication.

### Do not exceed:

- 1,200 mg of Ibuprofen per day (6 of 200 mg capsules)
- 3,000 mg of Acetaminophen per day (6 of 500 mg capsules)

### Sutures:

- Sutures have been placed to control bleeding and aid healing.
- **Do not lift or pull your lip** to look at the sutures, as this can disrupt the healing process.
- Return to our office in **5-7 days** for suture removal and to evaluate healing.

### When to Contact Us:

 Call us at **703-429-9926** immediately if you experience:

- Excessive bleeding or swelling beyond expectations, severe pain unrelieved by medication, fever, chills, or any unusual symptoms

### We hope your experience with us was seamless and comfortable.

Please leave us a review to help others find high-quality endodontic care. For any questions or concerns, call us at **703-429-9926** or email [info@endoreston.com](mailto:info@endoreston.com). We are open Monday to Friday, 8:30 AM – 5:00 PM. After hour calls and texts will be answered!

Please contact us if you have any questions **Thank you!**