

## Pre-treatment Instructions for Apicoectomy (Microsurgery)

Thank you for choosing our office and welcome to **Endodontic Excellence**.

To ensure the success of your visit, please carefully follow the guidelines below:

### Diet:

- Eat a full breakfast or lunch to maintain blood glucose levels.
- Avoid caffeinated beverages before your procedure.
- While there are no food restrictions, a **soft diet** is recommended for the remainder of the day following surgery.

### Medications:

- Take your routine medications unless instructed otherwise.
- If you take daily aspirin, please discuss this with the doctor—you may need to stop taking it **5 days prior to surgery**.
- **If applicable** start prescribed medications **the morning of your procedure**.

### Antibiotic Prophylaxis:

- If you require prophylactic antibiotics, please inform the doctor during your consultation.

### Attire:

- Wear comfortable, layered clothing with loose sleeves to facilitate blood pressure monitoring.

### Recovery and Rest:

- Reserve the day and evening for rest and recovery.
- Avoid strenuous activities, such as weightlifting or aerobic exercise, for **3 days** following surgery.

### Smoking:

- Smoking is strictly prohibited for **24 hours** after surgery, as it can delay healing.

### Follow-Up Appointment:

- We will schedule a follow-up appointment in **5-7 days** to have sutures removed and healing evaluated.

### Transportation:

- You may wish to arrange for someone to drive you home after your appointment for your comfort, although it is not required.

### Additional Notes:

- Please notify us if you feel unwell or have any medical changes prior to your appointment by calling our office
- 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

We look forward to being of service to you.

If you have any questions, please do not hesitate to call us at **703-429-9926** or email [info@endoreston.com](mailto:info@endoreston.com).