

# Fife and Steffen Endodontics

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## POSTOPERATIVE INSTRUCTIONS - ENDODONTIC SURGERY

1. **REST** – After leaving the office, it is recommended that you eat and avoid strenuous activities for the remainder of the day.
2. **ICE** – Apply an ice bag, 10 minutes on, 20 minutes off, during the remainder of this day only. This may help reduce any discomfort, swelling and/or discoloration which is not unusual and usually disappears within a few days. A heating pad may be applied for 30 to 45 minutes four times a day on the second, third, and fourth day.
3. **MEDICATION** – Take 800mg Ibuprofen (4 Advil) every 6 hours or two (2) Tylenol every 6 hours for the next 2 to 3 days, unless otherwise instructed. Along with this instruction form, if required, is a prescription or additional medication and/or antibiotics if discomfort persists.
4. **DIET** – It is important that you continue to consume food and liquids – as much as your comfort will allow. This will promote healing. Examples of nourishing foods that require little or no chewing include: meal replacement or breakfast shakes, yogurt, fruit salads, eggs, pasta, or soft meat. Examples of food **NOT** to eat include: toast, crackers, potato chips, tacos, and pizza. These may cut, adhere to, or lacerate the surgical site or loosen the sutures. The use of alcoholic and carbonated beverages is discouraged. Smoking can also delay or inhibit healing.
5. **RINSING** – Do **NOT** rinse your mouth with anything for 24 hours. After 24 hours, gently rinse your mouth with a lukewarm salt water solution. This is made by dissolving ½ teaspoon of table salt in ½ glass of warm water. Repeat 3 times each day for three to four days.
6. **BRUSH AND FLOSS** – Careful tooth brushing and flossing is desirable and promotes healing, but the bristles of the brush and floss should not contact the gums. Keep them on the teeth only.
7. **SUTURES** – Do **NOT** lift your lip to examine the sutures. This may cause tearing of the tissues.
8. **EMERGENCIES** – If an emergency develops, such as excessive bleeding or continuous bleeding for a long period of time, or if you are concerned about any event following your surgery, please call our office immediately at 702-360-2122. After hours, you can contact Dr. Fife at 702-328-2122, Dr. Steffen can be reached at 702-550-2321 and Dr. Richards can be reached at 801-455-5415. Please call or text if you have any concerns at all.

**Thank you for your patience and cooperation.**