

INSTRUCTIONS FOR HOME CARE FOLLOWING PERIAPICAL SURGERY (Apicoectomy)

ON THE DAY OF SURGERY

1. Do not rinse your mouth for 4 hours after surgery, to allow for proper initial healing.
2. If you smoke, please avoid doing so for at least 48 hours after surgery, and longer, if possible. Smoke is a severe irritant and may prolong or delay the healing process, as well as increase the risk of infection.
3. **BLEEDING:** A small amount of bleeding is normal and may persist until the following day. Gauze dressings which were placed in your mouth, should be left in place to provide pressure on the surgical area for 2-3 hours. If oozing persists, place another piece of gauze at the site for one hour. Repeat this if necessary. If gauze is not available, a clean, moistened washcloth or a moistened tea bag may be used. Excessive bleeding that can not be controlled by the above measures is an emergency. Please call the number below if this occurs.
4. **DIET:** You may begin to take cool liquids approximately 4 hours after your procedure, and advance to soft foods as tolerated, unless instructed otherwise. Do not drink through a straw for 48 hours after your surgery. Please avoid hot or spicy foods for 24 hours, and avoid hard, crunchy foods for 2-3 days.
5. **PAIN MEDICATION:** Mild to moderate discomfort is common after oral surgical procedures. It can be treated with 2 extra-strength Tylenol tablets, taken every 6 hours. Ibuprofen (Advil, Nuprin, Motrin) 3 tablets every 6 hours may also be used if you do not have a history of stomach problems or ulcers. If pain relievers were prescribed, they should be taken as directed. Pain medication is more effective if it is taken before the local anesthetic (novocaine) wears off.
6. **ANTIBIOTICS:** Antibiotics, if prescribed, should be taken until finished. Female patients should be aware that antibiotics can reduce the effectiveness of birth control pills. Alternative or additional methods of contraception should be used until your next menstrual cycle.
7. **SWELLING:** Swelling is common after some oral surgical procedures, and can be decreased by applying ice packs for the first 48 hours after surgery. The ice should be placed in a plastic bag and wrapped with a towel to protect the skin. In some instances, bruising or discoloration can occur as a result of oral surgical procedures
- 8.

ON THE DAYS FOLLOWING SURGERY

1. Continue to rinse your mouth thoroughly several times a day for the next 5-7 days, especially after eating. You may use warm salt water (a teaspoon of salt in a glass of water) or equal parts of mouth wash and water.
2. Do not disturb the healing area with your tongue, fingers, toothbrush or other instrument.
3. Do not brush the teeth in the surgical area for 2 days after surgery. You may clean them gently during this time with a piece of moist gauze over your finger tip. You should then begin brushing softly, being careful to avoid injuring or irritating the wound. A small amount of bleeding during brushing is normal for several days after surgery.
4. If sutures (stitches) were placed, they may require removal 7-10 days after surgery. If the resorbing (dissolvable) type were used, they will normally become loosened and fall out during this time frame.

**TO PROVIDE YOU WITH THE BEST POSSIBLE CARE,
PLEASE KEEP YOUR FOLLOW-UP APPOINTMENT AS SCHEDULED**

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE ANY PROBLEM AFTER SURGERY, PLEASE CONTACT US:

For non-urgent or routine questions email: drkarras@drkarras.com

For urgent matters please call our 24 hour telephone: (847) 677-6647