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VILLAGE ENDODONTICS
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After Dental Surgery Instructions:

1. Do not do any difficult activity for the rest of the day. Easy activity is okay, but be careful not to “bump” your face near the tooth that was treated. You should avoid alcohol and tobacco (smoke or chew) for 10 days following treatment.
2. It is important that you have a good diet and drink lots of liquids for the first few days after surgery. Juices, soups and other soft foods such as yogurt, puddings and Ensure Plus High Protein are suggested. Liquid meals such as Sege, Slender, and Carnation Instant Breakfast can be used. These can be purchased at most grocery stores.
3. Do not lift up your lip or pull back your cheek to look at the surgery site. Doing so may pull the stitches loose and cause bleeding.
4. A small amount of bleeding where the surgery was performed is normal. This should only last for a few hours. You may also have a small amount of swelling and bruising on your face. This is normal, and should only last for a few days.
5. If you wish, you can place an ice bag (cold) on your face near the surgery site. Leave the ice-pack on for 20 minutes, and then take it off for 20 minutes. You can do this for 4 to 6 hours. Don’t use an ice pack for more than 8 hours. The day after surgery you can put a soft, wet, hot towel on your face where the surgery was performed. Do this often for the next 2 to 3 days.
6. Discomfort after the surgery should not be severe, but note that some area “soreness” is normal. If pain medicine was prescribed, get your prescription filled promptly and follow the directions. If non-prescription medication was recommended to you, use as needed.
7. Rinse your mouth with 15 ml of Chlorhexidine mouthwash (Peridex) you were provided or prescribed. Do this twice daily -- once in the morning and once just before bed. You should do this for 8 days. You may also rinse with warm salted water several times a day.
8. The stitches that were placed need to be taken out in 5 to 8 days. You will be told when to return to your office. It is **very** important that you return to our office to have your stitches removed.
9. You may be directed to come back to our office several times during the next few months so we can evaluate how you are healing. These follow-up visits are very important. We need to evaluate your progress and healing.
10. If you have any problems or if you have any questions, you should call the office. The office phone number is (972) 317-5300.
11. If you call after regular office hours or on the weekend, you will be given instructions about how to reach the doctor.