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INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

Dear Patient;

You have just undergone a surgical procedure and can expect a number of normal postoperative events to occur. Some discomfort may be present; however, severe pain seldom occurs. If aspirin, Tylenol, Advil, or a prescribed pain reliever does not restore comfort, please phone our office. Our policy is to make your experience in our office an exceptional one. Please take time to read the following information due to the fact they will promote healing and prevent complications:

Apply ice pack for 20 minutes on and 20 minutes off for the remainder of the day. Please prepare ice packs as needed. This will minimize or prevent swelling and/or bruising.

Do not apply ice pack the next day.

Do not brush your teeth the day of the surgery. Only gentle rinsing with mouth rinse is allowed. Do not lift your lip in front of the mirror to see what we have done. This will prevent pulling apart the sutures.

Starting on day 2, rinse your mouth throughout the day, especially after meals. You can brush freely, except the surgical site. Warm salt water is the best rinse to use as it helps to minimize swelling.

Do not smoke, consume alcoholic beverages or drink through a straw for the next 3 days.

In case of bleeding, apply tight pressure with a wet tea bag for 5-10 minutes.

If allowed, take 800mg ibuprofen every 6 hours for the next 2-3 days. Adding 1000mg of Tylenol every 6 hours will dramatically increase the analgesic affect.

If prescribed, take the pain medication and the antibiotics as instructed. It is important to return for the removal of your sutures if appointed. Many times we use sutures that will dissolve on their own within 7-10 days.

We do understand that emergencies occur. It is our goal to eliminate all of the potential dental emergencies you may have by providing care for you before it becomes a problem. In the rare instance that you do have an emergency, we want you to be assured that we will take care of you. In order to do this we would like to define what a true emergency is. Swelling, bleeding, severe pain that has kept you up at night or requires medication, are considered emergencies. If you have any of these symptoms, we ask that you call us right away. Dr. Gray can be reached by calling the office at **(804) 378-9152**. The answering service will page him so that he can return your call.

It is our company policy to ensure the complete satisfaction of all of our patients with the service and care they receive at our office. In the rare instance that an upset occurs, we will do everything in our power to make things right by you. Should such an event occur, we will handle it accordingly. Provided you bring it to our attention in an appropriate, cordial manner at a time that we can give the matter the proper attention it deserves for effective resolution. You can expect that my staff will treat you with the same professional demeanor and efficiency as you would expect from them.

Should you have any questions, please do not hesitate to contact our office.

Apex Endodontics