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INSTRUCTIONS FOR HOME CARE FOLLOWING SURGICAL ROOT CANAL TREATMENT

1. Swelling, minor pain, oozing, and/or skin discoloration may be experienced. This will be temporary. If the surgery was performed in the lower jaw, a tingling of the lower lip is possible due to stretching of the nerve supply in this area.
2. In order to keep swelling to a minimum, use of an ice pack on the face over the operated area is recommended. The ice should be used alternately – 20 minutes on; 20 minutes off, for 4-6 hours following surgery.
3. Do not raise the lip with your fingers to inspect the treated area-you will pull out some of the stitches.
4. Avoid hot liquids and eat only soft foods for the first 48 hours. Use your own judgment after this period, but avoid hard or chewy foods for one week.
5. Do not brush the gumline of the teeth near the operated area for 5 days after surgery. Be sure to brush the rest of your teeth.
6. Starting tomorrow, use warm salt water rinses (1 teaspoon of salt to a cup of warm water) on the treated area under the lip or check. This should be done 4-5 times a day, allowing for 1 minute of rinsing each time. Continue to rinse 3 times a day for a week.
7. Get plenty of rest and ensure normal intake of food, especially liquids such as fruit juices, soups, and milk. Avoid alcohol.
8. For pain take Naproxen/Aleve (220mg every 8 hours), Ibuprofen/Advil, Mortrin IB, Nuprin (400mg every 4-6 hours) or similar strength analgesic (aspirin, Tylenol). Ibuprofen and Naproxen have good anti-inflammatory effects that aspirin and Tylenol do not have and are the preferred pain relievers for dental purposes. It is recommended that you continue to take these medications for 2-3 days after today. Call if you need a stronger prescription.
9. It is important that you return for a post-operative visit to remove stitches and evaluate healing.
10. Should any difficulties or questions arise, do not hesitate to call this office at any time day, night or weekend.

REMEMBER, WE ARE AS NEAR AS YOUR TELEPHONE