

Apicoectomy Op Instructions

Post-Operative Instructions for Apicoectomy

Thank you for trusting us with your dental care. Proper post-operative care is essential for a smooth recovery. Please follow these instructions carefully:

First 24 Hours

1. **Bleeding:** Mild bleeding is normal. Bite gently on gauze for 30–45 minutes. Replace if necessary. If bleeding persists, apply gentle pressure with a moist tea bag.
2. **Swelling & Bruising:** Swelling is common and may peak after 48 hours. Apply an ice pack (20 minutes on, 20 minutes off) for the first 24 hours to minimize swelling.
3. **Diet:** Stick to soft, cool foods. Avoid hot, spicy, crunchy (chips, nuts, granola, etc), or hard foods for a few days.
4. **Oral Hygiene:** Do not rinse or spit forcefully. Avoid brushing near the surgical site for the first 48 hours. Be sure to brush the rest of your mouth.
5. **Antibiotic:** If an antibiotic was prescribed please begin to take ASAP and take the prescribed amount until gone regardless of symptoms.
6. **Pain Management:** Take prescribed or over-the-counter pain medication as directed before the anesthesia wears off.

600mg ibuprofen every 6 hours alternated with 500mg Tylenol every 6 hours as needed

EXAMPLE:

Start

600mg ibuprofen	12:00 pm
500mg Tylenol	3:00 pm
600mg ibuprofen	6:00 pm
500mg Tylenol	9:00 pm
600mg ibuprofen	12:00 am
500mg Tylenol	3:00 am

If pain is managed with ibuprofen alone do not take Tylenol.

IF YOU ARE UNABLE TO TAKE IBUPROFEN AND/OR TYLENOL DUE TO OTHER MEDICATIONS YOU ARE TAKING PLEASE CONTACT THE OFFICE FOR PAIN MANAGEMENT INSTRUCTIONS.

After 24 Hours

1. **Rinsing:** Use prescribed chlorhexidine mouth rinse after brushing 2 times a day for the next 4 days. Gently rinse with warm salt water (½ teaspoon salt in 8 oz of water) 2–3 times a day to keep the area clean.
2. **Brushing & Flossing:** Resume normal brushing and flossing, avoiding the surgical area.
3. **Physical Activity:** Limit strenuous activity for at least 48 hours to avoid increased swelling or bleeding.
4. **Smoking & Alcohol:** Avoid smoking and alcohol for at least 72 hours, as they can delay healing.

What to Watch For

- **Excessive Bleeding:** If bleeding continues despite applying pressure, contact our office.
- **Severe or Increasing Pain:** Mild discomfort is expected, but worsening pain may indicate a problem.
- **Signs of Infection:** Persistent swelling, fever, pus, or an unpleasant taste may signal infection.
- **Loose Sutures or Open Wound:** If stitches come out prematurely or the site looks open, call our office.

Follow-Up Care

- Attend your follow-up appointment as scheduled to ensure proper healing.
- If you experience any unusual symptoms, please contact our office immediately.

We are here to support your recovery. If you have any concerns or questions, don't hesitate to reach out to our office. Wishing you a smooth healing process!