

POST-TREATMENT INSTRUCTION

Microsurgical Endodontics (Apicoectomy)

What to expect and how to care for your tooth after treatment.



Follow-up visits allow your endodontist to monitor the healing of the gum tissue and surrounding bone after your apicoectomy.

1 Swelling & Cold Therapy

- **Ice Application:** Apply an ice pack (or ice in a plastic bag) to your face for 20 minutes on, 20 minutes off. Repeat throughout today to minimize swelling.
- **Expected Course:** Swelling typically reaches its peak by the 2nd day and then gradually subsides. Facial discoloration or bruising may also occur.

2 Bleeding Management

- **Normal Bleeding:** Slight bleeding is expected during the first 24 hours following surgery.
- **Excessive Bleeding:** Place a damp tea bag over the surgical site inside your mouth, keep your head elevated, and press firmly on the outside of your cheek for 30 minutes. If bleeding persists, call our office.

3 Protecting the Surgical Site

- **Do Not Pull Lip:** Do NOT raise your lip or pull your cheek to look at the operated area. Doing so can tear the sutures, reopen the incision, and delay healing.
- **Oral Hygiene Care:** Do NOT use an electric/rotary toothbrush or water flosser (Waterpik) for 7 days after surgery.
- **Smoking Warning:** Smoking is strictly contraindicated following surgery as it impairs healing.

4 Diet & Hydration

- **Soft Diet:** Eat a soft food diet (e.g., mashed potatoes, yogurt, soup, scrambled eggs, ice cream). Avoid hard, crunchy, or chewy foods (e.g., steak, toast) until sutures are removed.
- **Liquids & Straws:** Drink plenty of liquids, but avoid hot beverages for the first 24 hours. Do NOT drink through a straw.

5 Oral Rinsing

- **Warm Salt Water / Mouth Rinse:** Starting 48 hours after surgery, gently rinse 4 to 5 times daily for 2 weeks with a warm salt water mixture (1/2 tsp salt in 1/2 glass of water) or prescribed mouth rinse (e.g., Peridex), strictly as directed.

6 Medication & Pain Control

Pain Relief: Take prescribed pain medication as directed. If permitted by your medical history, over-the-counter medication (e.g., one 600 mg Ibuprofen or three 200 mg Ibuprofen every 6 hours) may be used.

Antibiotics & Routine Meds: If prescribed antibiotics, take them until all medication is consumed. Continue taking any regular daily prescription drugs as directed.



Follow-Up & Office Contact

- **Follow-Up Appointment:** Return to the office for your pre-arranged appointment approximately 7 days after surgery for suture evaluation/removal.
- **Unusual Symptoms:** If you experience severe pain, uncontrolled bleeding, persistent swelling, or any unusual symptoms, please contact our office immediately.



Mountain View Endodontics

Call / Text: (408) 540-3211