

## *Kanata Endodontics*

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### **POST SURGICAL TREATMENT INSTRUCTIONS**

1. Go directly home and rest for the remainder of the day.
2. Apply an ice pack on the face for the remainder of today (15 minutes on – 15 minutes off). There will be some swelling starting tonight which should start to resolve itself in 3 or 5 days.
3. Do not lift your lip to look at the stitches, as this may tear them and retard healing. The stitches should start to fall out in a few days.
4. Take medications as prescribed.
5. Eat soft foods for 1-2 days. Avoid hot liquids for 1-2 days. Avoid smoking as much as you can, as this retards healing.
6. Starting tomorrow, after each meal, rinse with warm salt water (1/2 teaspoon per glass of water). Brush everywhere except the surgical area for the first 5 days. It is very important to keep the area clean.
7. A few drops of blood may exude from the suture line and is not significant. Excessive bleeding should be reported immediately.

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