

Kanata Endodontics

Mario D'Addario, DMD, PhD, MSc(Endo), FRCD(C)

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.

300 March Road, Suite 500

Kanata, ON K2K 2E2

Tel: (613) 599-4006

Email: referrals@kanataendodontics.ca