



**Lake Ridge Endodontics**  
**12510 C Lake Ridge Drive**  
**Lake Ridge, VA 22192**  
**(703) 494-8624**

### **Post-Operative Instructions:**

*You have just had surgery. Healing should be uncomplicated if the following precautions are followed carefully.*

### **Pain and Swelling:**

*Some swelling is normal, do not become alarmed.*

- 1. Place **ice** on face over the surgery site for 20-30 minutes of each awake hour of the **first day**. This may help to reduce the pain and swelling. Place ice in plastic bag, moist cloth or other suitable container. Do not use ice after the first 24 hours. After 24 hours, warm compresses may help to reduce swelling that has occurred.*
- 2. **Take medication** if prescribed by the doctor. If you are not allergic to ibuprofen (Advil, Motrin, Nuprin), please take 600 mg before the novocaine wears off and every 6 hours thereafter, until your pain resolves.*

### **Rinsing:**

- 1. Do not spit or rinse until the day after the surgery. On the following day use warm **salt water** to rinse gently after meals and at bedtime.*
- 2. Be very careful when blowing your nose.*
- 3. Brush teeth carefully to help prevent infection, make sure to brush your tongue as well.*

### **Bleeding:**

*Minor bleeding may persist for several hours following surgery. If brisk bleeding occurs:*

- 1. Fold a piece of moist gauze or a moist tea bag and place it over the surgery site.*
- 2. Bite firmly on moist gauze for at least 30 minutes. DO NOT chew on it. Repeat if necessary.*
- 3. If brisk bleeding continues, call the office (703) 494-8624. If no one is in the office you will be given an emergency number on the recorded message. REMEMBER- A small amount of blood in a mouthful of saliva looks the same as one drop of food coloring in an entire glass of water.*
- 4. Do not drink out of a straw or smoke for at least 3 days for proper healing process. Do not pull your lip to examine surgical site as you may pull the sutures and impede the surgical outcome.*

*Eating nutritious food is necessary to promote healing. Intake should be limited to liquids and soft foods on the first day, gradually returning to a regular diet.*