

PREMIER DENTAL AND ORAL HEALTH GROUP, P.C.

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**GENERAL INSTRUCTIONS AND CARE OF YOUR MOUTH AFTER ROOT CANAL
TREATMENT/SURGERY**

For the first 24 hours following treatment/surgery you should be as inactive as possible. Use this day to care for your mouth and follow these instructions carefully.

- **DO NOT** rinse your mouth forcefully or spit for 24 hours. After the first day you may rinse your mouth with warm salt water using one level teaspoon of salt to a full glass of water. It is very important to maintain your oral health with good cleansing habits while you are healing.
- For the first 2 days, the diet should be mild liquids and soft foods. Do not miss meals and drink plenty of fluids, preferably water.
- **AVOID;**
Carbonated beverages and alcohol for the first 12 hours to allow a clot to form.
Straws, sucking pressure and spitting under pressure.
“Hot” liquids.
Biting anything in the site of the treatment for the first week.
Lifting your lips or cheeks to view the wound as this stretches the tissue and will affect healing.
Using any mouth washes that contain alcohol.
Acidic foods and beverages that can be irritating to the wound.
Teeth Whitening for one week.
- Hold a cold compress or ice bag to your face on the side of the extraction, 20 minutes on, 20 minutes off for the first 8-12 hours after surgery. This will help keep the swelling down. After 24 hours you may apply a warm compress on the area of your face every 3-4 hours. This will also help to ease the swelling and will make your jaw muscles less sore.
- **DO NOT SMOKE FOR 24-48 HOURS.**
- Take pain medication and/or antibiotics as prescribed. Follow instructions for all medications accurately.
- Return to the clinic as requested for follow up care. If you have complications, please call the clinic to contact the Doctor.

YOU MAY EXPERIENCE:

- **SORENESS-**
You will more than likely experience a deep bruise/ache in the area of the treatment for up to a week. This may also radiate into your lower jaw or sinus area depending on which jaw is in the area of treatment. This is normal. If this persists for longer than one week, you need to contact our office for further directions/treatment to address as this is not normal after one week.
- **PAIN**
In the event you have some pain and the medicine prescribed for you does not give you relief, please contact the clinic to let the Doctor know.
- **SWELLING/BRUISING**
This may be from a number of causes but is usually a natural reaction of the body to surgery on the oral cavity. If the swelling is extensive, accompanied by pain or continues to increase after the second day, please contact the clinic to let the Doctor know.
- **BLEEDING**
Cleanse your mouth with a gentle rinse of fresh water. If there is continued bleeding, place a new tea bag over the area of the wound (soft tissue) for 30 minutes and this should stop any bleeding. Periodic oozing is normal over the next two days.
- **STIFFNESS**
This, like the swelling, is a natural reaction of your body to surgery. You can help overcome stiffness by opening your mouth very wide several times a day and applying moist heat to your jaw muscles.
- **NUMBNESS**
You may notice a persisting numb sensation following surgery of oral cavity. It is usually temporary in nature, and a normal feeling will return. However, if it persists, it is important that this is reported to the Doctor as soon as possible.
- **TASTES**
It is not unusual to experience medicine tastes in your mouth after endodontic treatment. This can be the result of the temporary filling, or leaching of medicine from inside of the tooth around the edges of the temporary filling. This is totally normal and you should not be concerned. If the temporary filling should happen to come out, please contact our office on the next business day so we may care for you.

Signs of infection may include the following and must be reported to the doctor:

- **A FEVER ABOVE 101 DEGREES F.**
- **PERSISTENT PAIN NOT RELIEVED BY PAIN MEDICATION.**

Allergic or abnormal reactions to the medication used are very rare. However, make sure you call the office if you feel something is not right. Our office number is 573-365-0220.

REMEMBER THAT YOU HAVE JUST HAD SURGERY. BE KIND TO YOURSELF AS THE WAY YOU TREAT YOURSELF WILL HAVE A MAJOR INFLUENCE ON HOW WELL AND HOW FAST YOU HEAL!

YOUR NEXT APPOINTMENT IS: ____/____/____@____:_____.