



# Katy Endodontic Associates, L.L.P.

## I've had an Apicoectomy, Now What?

We hope that you had a pleasant and pain free visit. The most difficult question we are asked, however, is "What am I going to feel after the numbness wears off?" Since each person is unique in healing potential and pain perception, it is hard to predict what your experience will be. We can tell you that it is common for the surgical site to feel some discomfort for several days after treatment.

The following instructions are meant to get you through the "healing process" as comfortably as possible.

1. Avoid strenuous activity for the remainder of the day. Routine, nonstrenuous activity is not harmful, unless otherwise directed.
2. Smoking and alcohol consumption delay the wound healing process and should be avoided or minimized for 3 days following surgery.
3. Eat soft foods for at least 24 to 48 hours. It is essential that you maintain an adequate diet with proper solid and fluid intake during the first 3 days following surgery.
4. It is okay to brush your teeth, but be careful in the area of the surgery.
5. Do not raise the lip or retract the cheeks to inspect the surgical site as you may dislodge the sutures (stitches). Avoid manipulation of the facial tissues as much as possible.
6. Be careful not to bite your lip or tongue while it is numb.
7. Some oozing of blood from the surgical site is normal during the day and evening of surgery. Slight swelling and facial skin discoloration (bruising) may be experienced. This is temporary and will resolve in a few days without any further treatment.
8. Use ice packs on your face for the first 24 hours. (20 minutes on, 20 minutes off, for 6-8 hours following surgery). After 8 hours, the ice bag should not be applied, and if possible, applications of moist heat (warm face towel) are recommended on the first and second post surgical days.
9. Post surgical discomfort should be minimal, but the surgical site will be tender and sore. For this reason you should follow the analgesic (pain) regimen prescribed.
10. If prescribed, please take pain medicine prior to the time the local anesthetic wears off. (Usually 3 to 8 hours). Please take this pain medication with food to help avoid nausea.
11. The sutures (stitches) that have been placed must be removed to ensure proper healing. It is important that you return at the appointed time (usually 7-10 days) for suture removal.
12. Rinse with warm salt water (one-two tablespoons of salt in a cup of warm water) or surgical mouth rinse (if prescribed) twice each day for 5 days following surgery.
13. Recall visits are necessary. These are short appointments that are very important to monitor the progress of healing. Usually, two to three recall appointments will be scheduled and you can arrange with our office staff for a one-month post-surgery checkup and then at 6 and 12 month recall intervals.
14. Should any complications arise, do not hesitate to call **(281) 693-3200** during office hours.
15. For any after-hour **emergencies**, please contact your endodontist at Katy Endodontic Associates, telephone number **(281) 693-3200** and press the number **0** when prompted for an emergency and our answering service will contact us with your chief complaint and a telephone number you can be reached.

### **Katy Endodontic Associates, L.L.P.**

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