

# Northern Illinois Endodontics

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## Post-operative Instructions

1. Avoid strenuous activity for the remainder of the day.
2. Proper nutrition is essential for wound healing.
3. Avoid manipulation of facial tissues (lifting cheek and lip), which could dislodge sutures.
4. Place an ice pack on the surgical site for 20 minutes on, 20 minutes off for the first 6-8 hours following surgery. Do not use ice beyond the day of the surgery.
5. Use antibiotic mouth rinse as directed on the bottle.
6. The teeth adjacent to the surgical site may be brushed but avoid brushing near the gum line. This can dislodge the sutures or damage the soft tissue.
7. Bruising or swelling may occur following endodontic surgery.
8. The sutures must be removed to ensure proper healing. This is usually scheduled 5-7 days following surgery.
9. Do not hesitate to call with any questions or concerns.