



NESTOR COHENCA DDS, FIADT  
SHAHD NAWARI DMD, MS  
1029 MARKET ST. STE 102  
KIRKLAND, WA 98033

### **Recommendations for Post-Treatment Care after Surgical Endodontics**

1. Apply ice to the surgical site for fifteen minutes on, fifteen minutes off – for four to six hours after surgery. Applications after this period will have only slight benefit.
2. Your local anesthesia will wear off in two to four hours. It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications, such as aspirin, acetaminophen (Tylenol), ibuprofen (Advil or Motrin), and naproxen sodium (Aleve). Take pain relievers as instructed and before the anesthetic wears off and continue taking for two or three days as directed. Following this recommendation may substantially decrease your discomfort after treatment. Narcotic medications, if prescribed, may make you drowsy, and caution should be exercised when operating dangerous machinery or driving a car after.
3. Oral Rinses. Rinse twice a day for one week (after brushing). Maintain the rinse solution on the surgical area for 1 minute.
4. Take all routine medications as directed by your physician. Immediately stop using any drug that causes stomach upset or allergic reactions (including hives, rash, facial swelling, asthma, or wheezing). Seek immediate medical attention if any complications arise.
5. Follow your normal home care (tooth brushing/flossing) routine except avoid the surgical site for a few days.
6. Eat meals at regular intervals but avoid food that may traumatize the incision site. Avoid spicy and hot (temperature) food and liquids. Good foods are eggs, soup, pancakes, milkshakes or yogurt.
7. Drink plenty of water.
8. No use of alcohol or smoking.
9. We know that you are anxious to see the results of your surgery, but please do not forcibly pull your lips or cheeks away to inspect the surgical site. This action could possibly tear your sutures.
10. If bleeding persists, please contact the office. Minimal bleeding after surgery is normal.
11. Call us immediately if you experience more than slight swelling or discomfort.
12. Numbness of the tissues that persist beyond a few hours after the procedure.

**If you have any questions, please do not hesitate to contact us at (425) 440-2000.**

**On behalf of Prime Endodontics, we wish you a smooth and speedy recovery!**