

APICOECTOMY

Post Operative Instructions

Keep steady pressure over the operated area for the remainder of the day. By doing this you will keep the swelling to a minimum. It will be helpful to use an ice bag with the pressure today, but this is not as important as the pressure itself.

Use a source of heat (such as a heating pad) over the operated area tomorrow to help reduce the swelling. Expect to have a substantial amount of swelling if the operation was in the lower jaw. Each individual is different with regards to the degree of swelling, but we expect most swelling to be resolved after about two (2) weeks. Chew as vigorously and often as normal. This will exercise the muscles of your jaws that are very closely associated with the area of the procedure and help diminish stiffness.

If the operation involved the upper back teeth, a small opening was made into the sinus. As a result, expect to have a small amount of blood from the nose for the next three to four days, sometimes even longer. This is a normal occurrence so do not be alarmed. Do not blow your nose or cough with your mouth closed. If you do, expect to have a small amount of air collect in your cheek. This will, however, resolve with time.

If the operation involved the upper front teeth, expect to have swelling along side your nose and perhaps under your eye.

Most individuals control any discomfort with mild pain medications such as Advil, Motrin or generic ibuprofen in a dose of three to four 200 mg tablets three times a day. It is advisable to take this dosage of medications on a scheduled basis rather than waiting until you have distress. It is much easier to prevent discomfort than to control it after the fact. Nonetheless you were given a prescription for stronger pain medications in the unlikely event that ibuprofen is ineffective.

Expect to have some blood oozing from the area of the operation. This usually occurs for up to 24 to 48 hours after the procedure. Bleeding can be controlled quite easily by placing a rolled gauze soaked in warm tap water over the immediate area and applying firm pressure for about 30 minutes.

Should it have been necessary to prescribe an antibiotic, it is absolutely essential that you take the ENTIRE prescription even though you feel well. This will help prevent the establishment of bacteria that may develop a resistance to the antibiotic.

Dr. Guy Grabiak, DMD

American Academy of Cosmetic Dentistry

Academy of Comprehensive Esthetics

Academy of General Dentistry

(303) 988-6110

grabiak@westwooddental.net

www.DenverDentistry.com

Try to minimize your physical activity today and tomorrow. However, the sooner one can resume normal activities, the better, and this includes diet. As soon as you feel able to, begin your normal nourishment, as this will hasten healing time.

Keep the area clean by gently use of toothbrush and rinsing after each meal, which will help prevent a secondary infection. You may see a small amount of bleeding after using a toothbrush as the healing tissue has a great deal of small blood vessels in it, and small scratches will develop.

If you have ANY questions, call this office at (303) 988-6110.

Dr. Guy Grabiak, DMD

American Academy of Cosmetic Dentistry

Academy of Comprehensive Esthetics

Academy of General Dentistry

(303) 988-6110

grabiak@westwooddental.net

www.DenverDentistry.com