

## Post-operative Instructions

1. Do not rinse or spit actively for 12 hours after surgery.
2. Keep fingers and tongue away from the surgical area.
3. Use ice packs on the side of your face for first 12 - 24 hours, apply ice 10 minutes on - 10 minutes off. Bags of frozen peas/corn etc. work well also.
4. The area may bleed slightly, which can be controlled with pressure from moist gauze. If bleeding persists, a moist tea bag should be placed in the area of bleeding and bite firmly for one hour straight.
5. Drink plenty of fluids. (Do not use a straw)
6. **After the first post-operative day**, use a warm salt-water rinse following meals
7. **Take prescriptions** prescribed by Dr. Cohen starting the day of surgery
8. Diet may consist of soft foods which can be easily chewed and swallowed.
9. A certain amount of bleeding is to be expected following surgery and oozing is common for as much as 24 hours. If bleeding still persists call our office at **(206) 937-1010**.
10. Suggest that you do not smoke for at least 5 days after surgery.

## Post-operative Expectations

The following conditions may occur, all of which are **considered normal**:

1. The surgical area will have varying degrees of swelling.
2. Swelling peaks on the 2nd or 3rd post-operative day
3. Your other teeth may ache temporarily. This is referred pain and is a temporary condition.
4. If the corners of the mouth are stretched out they may dry and crack, your lips should be kept moist with cream or ointment.
5. There will be an area where the gums were stitched closed. Do not pull your lip up to look repeatedly, since this may result in the early removal of stitches and complications.
6. It is not unusual to develop bruising in the area of an extraction but is of no significant consequences.
7. Prolonged numbness (6 - 8 hours) is common due to the use of long-acting local anesthesia

**Feel free to contact us if any doubt arises as to your progress and recovery.**

You should experience no trouble if you follow the instructions and suggestions as outlined. But if you should have any problems such as excessive swelling, fever, bleeding, pain, or difficulty in opening your mouth, call our office immediately for further instructions or additional treatment at **(206) 937-1010**.

\* If you had a positive experience here at West Seattle Endodontics, please help us get the word out by posting a review for Dr. Cohen and/or our office online.

\* Here are a few examples of some websites where you can leave feedback: **droogle.com, yelp.com, and angieslist.com**. Thank you!