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## **Endodontics & Microsurgery Center**

The Root Canal Specialists

*Derrick I. Wang, D.M.D.*

*I. Emily Wang, D.M.D., M.S.*

Just a few gentle reminders regarding care after microsurgery:

- The general area may ache slightly over the next 3 to 5 days. Please take any pain medications prescribed to you by Drs. Wang only as directed.
- We strongly recommend that you use an ice pack today. This will help to diminish post-operative swelling. Apply the ice pack to the outside of your face over the surgical area for 15 minutes and then leave it off for 15 minutes. Reapply in this manner for the rest of the day.
- Be sure to use the Chlorhexidine (Peridex) mouth rinse that was prescribed to you for the next 7 days as directed. Instead of brushing and flossing the surgical area, we recommend using cotton swab coated with Peridex and gently clean around the surgical site for the next 2 to 3 days.
- Sutures have been placed to hold the tissue together. We ask you NOT to inspect the surgical area for the next 48 hours to insure that the sutures are not dislodged.
- Do not smoke! If you smoke, we ask that you refrain from smoking for at least 24-48 hours after surgery. Smoking delays tissue healing.
- Chew soft and room temperature food for the first 24 hours.
- Don't be alarmed if you have some swelling, bruising, and/or discoloration. This is normal following a surgical procedure.
- Mild bleeding is also normal. If the bleeding become heavy and bright red, apply a moist tea bag with firm pressure to the area for 5 minutes. If the bleeding continues, please contact our office.
- Avoid vigorous activity for the first 24 hours. Regular activity can be resumed after 24 hours.
- Return to our office for your 1-week follow-up appointment as scheduled.

If you have any questions or concerns, please don't hesitate to call us. We have enjoyed taking care of you and thank you for allowing us to be a part of your dental care team!