



10 Forest Ave, Suite 201

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Post-Surgery Instructions

Ice the surgical area as much as possible for the next 8 to 12 hours (15 minutes on/15 minutes off.)

Rest and avoid any physical exertion for the first 24 hours. These activities may raise blood pressure and heart rate resulting in increased bleeding, swelling and pain.

Oral hygiene: Do not floss the surgical area for 1 week. Try to stay away from brushing the surgical area until your endodontist advises you otherwise. All teeth away from the surgical area can be brushed and flossed as normal.

Rinsing: Rinse gently with warm salt water (1/2 tsp salt in ~8 ounces of warm water) after all meals, before bedtime and every 3-4 hours for 1 week after surgery. Avoid vigorous rinsing and spitting for 1 week.

Diet: Avoid all eating on the surgical side of your mouth until the endodontist advises you otherwise. Try to avoid eating brittle, crunchy food as well as hard foods that require heavy pressure to chew. Soft foods and liquids are best.

Do not smoke or drink alcoholic beverages for 48 hours after surgery.

Pain Management: Some pain is normal and usually peaks in the first 24-48 hours. Although most patients experience minimal pain, some may experience moderate to severe levels of pain. Over-the-counter medications will often be enough to manage any pain, however, a prescription pain med may be prescribed. Do not drive or operate heavy machinery if you take the prescribed pain medications. Take medications as prescribed.

Some **swelling & bruising** is normal and usually peaks around 3-4 days after surgery.

Some **bleeding** during the first day is normal. Slightly elevate your head while sleeping and you may want to protect your pillow using an old towel or pillow case.

Sutures will be removed a few days after surgery. Do not raise your lip to look at the sutures—this may disrupt healing or tear the sutures.

Following these instructions will help minimize pain and swelling and will help the healing process. Please contact this office at any time with any questions or concerns. If you are unable to reach someone at the office, please do not hesitate to call Dr. Schmoldt directly at any time at (210) 865-7547.

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