

Endodontic Associates of Greater NY

515 Madison Avenue Suite 715
New York, NY 10022

Dr. Mitchell Kellert
Dr. Henry Chalfin
Dr. Gregory Browne
Dr. Christina Boyd
Phone: 212-355-4444
rootcanalnyc@gmail.com
www.rootcanalnewyorkcity.com

1. **APPLY ICE** for ten minutes and then leave off for ten minutes.
REPEAT this process for at least three to four hours starting immediately after surgery. **If a piece of gauze was placed between the tooth and cheek remove it after one hour.**
2. **SWELLING** is normal and may last several days. If antibiotics have been prescribed, continue to take them until completed.
3. **DISCOMFORT** is to be expected. If pain medication has been prescribed it may be used as directed, however, for many patients, three Advil or 2 Tylenol every four hours will be sufficient.
4. Slight **BLEEDING** may occur during the first day. This will usually stop by itself. If not, a piece of damp gauze or a damp tea bag should be held on the area with slight pressure for thirty uninterrupted minutes. This can be repeated once, if necessary. Under no circumstances should rinsing be used to control bleeding.
5. **DO NOT USE ASPIRIN** or any products containing aspirin.
6. **RINSING** with warm salt water will be helpful but should **NOT** be done until the day after surgery.
7. **DO NOT EXERT** yourself on the day after surgery. Fatigue is common and you may experience chills as well. Any non-strenuous activity is permissible.
8. **AVOID** eating or drinking hot beverages until the anesthesia wears off. Cold beverages are permissible.
9. **AVOID** chewing on the affected side for several days. Limit diets to softer foods which can be cut with the side of a fork, such as fish, eggs, pasta, etc..

Endodontic Associates of Greater NY

515 Madison Avenue Suite 715

New York, NY 10022

Dr. Mitchell Kellert

Dr. Henry Chalfin

Dr. Gregory Browne

Dr. Christina Boyd

Phone: 212-355-4444

rootcanalnyc@gmail.com

www.rootcanalnewyorkcity.com

10. **HYGIENE** in the surgical area should be maintained as follows:

Day of surgery:

NO RINSING

NO BRUSHING

Day after surgery:

GENTLE RINSING of Surgical Site and normal brushing of remaining teeth

Following days:

VIGOROUS RINSING of Surgical Site and brushing of remaining teeth

If performed as directed good hygiene will improve healing.

11. If you have a problem or question, please contact the office.