**APICOECTOMY POST OPERATIVE INSTRUCTIONS:**

* Please go directly home and take it easy the rest of the day
* Apply an ice bag to your face over the area that was treated. Alternate 20 minutes on, and 20 minutes off for 6-8 hours. This will help minimize any swelling. Swelling and bruising may still occur. The swelling may be worse in the morning when you wake up, and then get better through the day.
* Take Ibuprofen. The ibuprofen does two things for you, it helps control any discomfort and it is a strong anti-inflammatory agent, so it will help in the healing process.
* Use the Chlorhexidine mouth rinse after every meal and the last thing before you go to bed. You can brush your teeth like normal; but around the site of the surgery, place toothpaste on finger and gently massage. Brushing with a toothbrush around the site can cause the sutures to come out prematurely. If you eat or drink anything within 45 minutes of using the rinse, you will get a bad aftertaste and/or alter the taste of your food or beverage. It is very important to use this rinse until it is gone as it speeds up the healing process significantly due to its antibacterial action.
* Do not use any other types of mouth rinses because many of them contain a much higher percentage of alcohol than Chlorhexidine, and can burn the healing tissue.
* Please do not pull on the lip or cheek to look at the area of surgery. This can dislodge the healing tissue and significantly delay healing.
* Avoid chewing on the teeth in the area of the surgery. Be especially careful with hard foods.
* If you smoke, please refrain from smoking for 48 hours. This is extremely important! The longer you go without smoking, the faster it will heal.

Thank you for giving us the opportunity to serve you and we’ll see you in a few days for the removal of sutures. If you have ANY questions or concerns, please feel free to contact the office at 253-572-3266