After Your Apicoectomy

**Bleeding:** after your apicoectomy you should be biting on gauze. Keep firm pressure on the gauze for 45 minutes to promote clot formation. After this time period you can dispose of the gauze. Slight bleeding may continue for 2 days. Avoid activities that promote suction such as smoking, sucking through a straw, or rinsing for the 24 hours. Avoiding spitting. You should sleep with your head elevated on 2 or more pillows.

**Rinsing:** Do not rinse your mouth today. Tomorrow you can rinse your mouth. You can do this every 3-4 for hours, most importantly after meals.

**Swelling:** Following an apicoectomy, some swelling and bruising will occur. Keeping ice on the outside of your face will help- 20 minutes on and 20 minutes off. The majority of your swelling will probably be from retracting your cheek or lip to do the procedure. Ice will benefit you today, tomorrow, and even the next morning. It takes 3 days to reach your peak of swelling.

**Medications:** Taking over the counter, non-aspirin, pain medications right when you get home (before the numbness fades away) is a good idea. If you are still in pain, a prescription pain medication may have been given to you. Follow the instructions told to you by the staff regarding mixing over the counter medications and your prescription medications.

**Food:** Soft foods such as pasta, yogurt, cottage cheese, ice cream, pudding, soup are common foods to have after surgery. Avoid hot or carbonated beverages. Chewing should be done away from the surgical site.

**Oral Hygiene:** Good oral hygiene is an essential part of healing of any oral surgery site. You can brush your teeth the night of surgery, but rinse very gingerly. Vigorous rinsing should be delayed until the day following surgery. The day after surgery you should begin rinsing at least 5-6 times a day particularly after eating. Warm salt water is ideal but plain water is also fine.

**Smoking:** No smoking for 48 hours after surgery. Smoking retards healing dramatically.

**Exercise:** You should keep physical activities to a minimum for 6-12 hours following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.