

ROOT END SURGERY (Post op Instructions)

- Bite firmly on the cotton that your dentist has placed and remove it after half an hour. While you are biting down on the cotton, kindly swallow the saliva and do not spit. Kindly do not spit. Please do not check by spitting whether there is bleeding or not.
- Avoid rinsing or spitting forcefully for 24 hours after the surgery to avoid dislodging the clot that forms.
- Bite firmly on the cotton that your dentist has placed and remove it after half an hour. While you are biting down on the cotton, kindly swallow the saliva and do not spit.
- Please take the medication as prescribed by your dentist.
- Do not drink from a straw for the first 24 hours.
- Please apply an ice pack on your face outside the surgery area for twenty minutes intermittently three to four times a day (During these twenty minutes place the ice for 10 seconds and then remove for 10 seconds and repeat the exercise for 20 minutes). This will help reduce the swelling.
- Eat cold and soft foods, such as soup, pudding, rice, khichdi, yogurt, or applesauce for 24 hours following the surgery. Gradually add solid foods to your diet as the surgical site heals.
- After 24 hours, rinse your mouth with a solution made of 1/2 teaspoon salt and 8 ounces of warm water.
- Do not smoke, which can inhibit healing.
- Continue to brush and floss your teeth, and brush your tongue, but be sure to avoid the surgical site. Doing so will help prevent infection.
- Please apply an ice pack on your face outside the extraction socket for twenty minutes intermittently three to four times a day (During this half an hour place the ice for 10 seconds and then remove for 10 seconds and repeat the exercise for 20 minutes). This will help reduce the swelling.
- In case of any problems following extraction, kindly contact your dentist.