SUMMIT ENDODONTICS

Meghan E. Hatfield, D.M.D.
Board-Certified Endodontist
Practice Limited to Endodontics – Specialty #6070

POSTOPERATIVE INSTRUCTIONS
Following Endodontic Surgery (Apicoectomy / Root Amputation)

1. **Do not smoke, spit forcefully, or drink through a straw** for at least 24 hours following surgery.
2. **Do not disturb the surgical site.** Avoid touching the area with your fingers or tongue, and do not lift or pull your lip to examine the surgical site. This may disrupt the sutures, cause bleeding, and interfere with healing.
3. **Avoid strenuous physical activity and heavy lifting** for the first 24–48 hours following surgery
4. **Do not rinse your mouth for the first 24 hours.** After 24 hours, gently rinse with warm salt water (½ teaspoon of salt dissolved in a glass of warm water) several times daily, particularly after meals. If prescribed chlorhexidine (Peridex), use it as directed.
5. **Continue brushing and flossing your other teeth normally**, but **avoid brushing or flossing directly over the surgical site** until instructed otherwise.
6. **Take anti-inflammatories and prescribed medications as directed.** Some tenderness and discomfort are normal following surgery and should gradually improve. If antibiotics or pain medications have been prescribed, follow the instructions provided by Dr. Hatfield.
7. **If surgery involved an upper back tooth near the maxillary sinus, do not blow your nose** for at least 24 hours or longer if directed by Dr. Hatfield. If you need to sneeze, do so with your mouth open to minimize sinus pressure.
8. **Keep your head elevated** on two or three pillows while resting or sleeping during the first 24–48 hours to help minimize bleeding and swelling.
9. **If bleeding occurs**, place clean gauze or a damp tea bag over the area and apply gentle, steady pressure for 15–20 minutes. Minor oozing is normal during the first 24 hours. Contact our office if bleeding persists.
10. **Apply ice packs immediately following surgery and throughout the first 24 hours** to minimize swelling. Apply for 10–20 minutes, then remove for 10–20 minutes. Always place a cloth between the ice pack and your skin.
11. **Some swelling and bruising are normal.** Swelling may increase during the first 48–72 hours before gradually improving. Yellow, blue, or purple discoloration of the skin may also occur and typically resolves on its own.
12. **Drink plenty of fluids and eat soft foods** until your sutures have been removed or until otherwise directed by Dr. Hatfield. Avoid hard, crunchy, or chewy foods, and do not chew on the surgical side until your follow-up appointment. Avoid hot foods and beverages until the numbness has completely worn off.
13. **Attend your scheduled follow-up appointment.** Sutures are typically removed approximately one week following surgery. At this visit, we will evaluate the surgical site and monitor healing.
14. **Contact our office if you experience unusual symptoms**, including severe or increasing pain, persistent bleeding, significant or worsening swelling, fever, or any other concerns regarding your recovery.

If you have any questions or concerns, please contact our office at (908) 522-0010. If the office is closed, follow the voicemail instructions to reach our emergency coverage.



38 Woodland Avenue • Summit, NJ 07901 • (908) 522-0010
SummitNJEndo@gmail.com | www.SummitNJEndo.com