



POST-OP INSTRUCTIONS FOR APICOECTOMY SURGERY

1. Continue to take prescriptions and over-the-counter medications as directed.
2. If prescribed an antibiotic, please continue to take as directed. We recommend probiotics be taken daily with antibiotic use.
3. Have a light schedule for the next 48 hours. No exercise or strenuous activities.
4. Slight bleeding, pain and swelling are normal during the first couple of days then will gradually disappear.
5. Please brush gently when getting close to the area.
6. We will provide ice packs. Use it on and off every 20 minutes until bedtime.
7. Do not lift or pull on your lips as this may cause tearing out of the sutures.
8. Decrease or minimize smoking as this can prolong healing. If you must smoke, cover the area with wet gauze.
9. Avoid oral rinses for 48 hours as it may cause bleeding. Do not use alcohol-containing mouth rinses for a few days.
10. Avoid extremely hot temperature food or drink and do not eat spicy, crunchy, or acidic foods or drinks for the first 48 hours.
11. Avoid straws for 48 hours after surgery and no spitting as this can dislodge the clot.
12. Avoid alcohol, coffee, and black tea for 48 hours.
13. Eat foods that will be nourishing but will not require vigorous chewing the first few days, i.e., eggs, soups, milk shakes, etc.
14. Use an extra pillow and keep your head elevated for the first 24 hours after surgery. Use an old pillowcase or cover pillow with a towel to avoid stains.
15. No nose blowing for 48 hours after surgery. Use Afrin if needed. If you need to sneeze, you must sneeze with your mouth open.

Antibiotic Given: _____ Start Date: _____

Please take probiotics while on antibiotics. Take an hour or two, before or after antibiotics.

Pain Meds Given: _____ to take as needed after surgery.

Please call our office or Dr Mark Barr with any questions or concerns
Office (404) 724-5776 Dr Mark Barr (404) 295-0289
Thank you for trusting our services!