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Pain Management and Discomfort

- It is typical to experience some pain and discomfort following an apicoectomy. Your dentist may recommend over-the-counter pain medications. Take them exactly as directed.
- Ice packs can be used to minimize pain and swelling anytime within the first 24 hours for 10-minute intervals. (10 minutes on, then 10 minutes off.)
- Unless you have allergies or a medical condition that prevents you from taking pain relievers, you can take Ibuprofen (Advil) and Acetaminophen (Tylenol). We recommend taking 500mg of Acetaminophen ***TOGETHER WITH*** 400mg of Ibuprofen every 4 hours for 2-3 days. You can start as soon as treatment is completed.

Medications: Please fill and take all medications as directed.

Be Mindful of Your Diet

- In the first few days following the apicoectomy, stick to a soft or liquid diet to avoid putting excess pressure on the surgical site.
- Avoid hot, spicy, or crunchy foods that could irritate the area.

Maintain Proper Oral Hygiene

- Keeping your mouth clean is critical for infection prevention. Brush gently using a soft brush avoiding the surgery region.
- Gentle saltwater rinses can be done after surgery.
- Prescribed mouth rinse (Peridex/Chlorohexidine) is to be started 48 hours after surgery as directed on the bottle.

Rest and Avoid Strenuous Activities

- Rest is essential during the healing process. Avoid vigorous activity and attempt to sleep with your head up.
- Sleep with your head propped up with pillows to minimize swelling.

Avoid Smoking and Alcohol

- Smoking can hasten the healing process and increase the likelihood of problems. It is advised to refrain from smoking for at least a few days after surgery.
- Alcohol can mix with drugs, making healing more difficult. During your rehabilitation, avoid drinking alcohol.

One week check-up and suture removal: **YOU MUST** return to our office one week after surgery to have your sutures removed and have the surgery site examined.

One year follow up: You should return to our office for a checkup in one year. There is no charge for that appointment. Please mark your calendar and give our office a call at that time.

Healing Process:

Initial Healing (1-2 Weeks)

Mild swelling, tenderness, or bruising around the surgical site is common in the first few days after the procedure.

By the end of two weeks, most patients feel significantly better, with reduced swelling and daily activities returning to normal.

Intermediate Healing (2-4 Weeks)

The gum tissue around the treated root continues to heal during the second to fourth week. At this stage, many patients can resume eating a wider variety of foods and feel minimal discomfort.

Long-Term Healing (3-6 Months)

Although gum tissue heals within weeks, complete bone regeneration around the tooth root can take several months. Typically, complete healing occurs between three and six months. The bone needs time to fill around the root tip and stabilize the tooth. Patience is key, as bone growth happens slowly.

We are continuously monitoring texts and emails. If you have any concerns, please give our office a call or text us at (607) 732-9915.