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**PRE-TREATMENT INSTRUCTIONS
For Apicoectomy (Microsurgery)**

An apicoectomy is a minor surgical procedure where a tiny cut is made in your gums to remove infected tissue and the very tip (the apex) of your tooth's root. The root tip is then sealed with a special filing. The gum tissue is secured with stitches, and the sutures will need to be removed 7 days after your surgery.

To ensure the success of your visit, please follow the guidelines below.

Diet:

- Eat a healthy breakfast or lunch to maintain blood glucose levels.
- While there are no food restrictions, a **soft diet** is recommended for the remainder of the day following surgery.

Physical activity:

- Plan to take the rest of the day of surgery off. You will need to avoid heavy lifting, exercise and excessive talking.

Medications:

- Take your routine medications unless instructed otherwise.
- If you are taking blood thinners or aspirin, please discuss this with your doctor – you may need to stop taking them 5 days prior to surgery.
- **If applicable**, start taking prescribed medications **the morning of your procedure**.

Antibiotic Prophylaxis:

- If you require prophylactic antibiotics, please inform your doctor.

Attire:

- Wear comfortable, layered clothing with loose sleeves to facilitate blood pressure monitoring

Smoking:

- Smoking is strictly prohibited for 24 hours after surgery, as it can delay healing.

Transportation:

- You may wish to have someone drive you home, although it is not required.

Follow-up appointment:

- We will need to schedule a follow up appointment in 7 days after the surgery to have sutures removed and evaluate healing.

If you'd like to have a biopsy done and sent to the lab, please bring in your medical insurance card.

*******If you have any questions between now and your treatment date,
please do not hesitate to call our office (607) 732-9915.*******