Apicoectomy

Post-Operative Care Instructions

Following your apicoectomy, proper care of the surgical area is important to promote healing and minimize discomfort. Please follow these instructions carefully:

Medications

- Take your prescribed pain medication as directed for the first two days, even if you are not experiencing significant discomfort. This can help maintain comfort as the initial effects of the procedure wear off.

Rinsing

- Beginning as directed by your doctor, gently rinse with a saltwater solution made by dissolving **½ teaspoon of salt in 8 ounces of water**.
- Gently swish for approximately **one minute, 3–4 times daily**, until the surgical area has healed.
- Do not rinse forcefully, as vigorous swishing may interfere with healing.

Swelling

- Swelling is a normal part of the healing process and typically **peaks within 24–48 hours** following surgery.
- Increased swelling during the first 48 hours is expected and does not necessarily indicate a problem.

Brushing and Oral Hygiene

- **Do not brush directly over the surgical area** until you have been instructed to do so by the doctor.
- Continue to maintain your normal oral hygiene routine in the areas away from the surgical site, taking care to avoid disturbing the area being treated.

Eating and Drinking

- Avoid **hot or spicy foods** during the initial healing period.
- Choose foods that are comfortable to eat and chew.
- Keep food away from the surgical area as much as possible and chew on the opposite side of your mouth.

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Post-Operative Appointment

- A **1-week post-operative appointment** is required to evaluate the surgical area and monitor your healing.
- It is important that you keep this appointment so that your doctor can confirm that the area is healing properly.

Questions or Concerns

If you have any questions or concerns during your recovery, please contact our office at **303-595-4994**. We are happy to assist you.