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INSTRUCTIONS FOR HOME CARE FOLLOWING SURGICAL ROOT CANAL TREATMENT

1. Swelling, minor pain, and/or skin discoloration may be experienced. This will be temporary.
2. In order to keep possible swelling to a minimum, the use of an ice pack on the face over the operated area is recommended. The ice pack should be used — on for 20 minutes, off for 20 minutes, etc. This is to be started immediately after surgery and continued for 24 hours.
3. Do not raise the lip with your fingers to inspect the treated area. The operated area should be treated with special care.
4. Avoid hot liquids and eat anything you can swallow. Avoid hard or chewy foods until your next visit.
5. Do not brush the teeth near the operated area during the first day but brush the uninvolved teeth as usual. Starting tomorrow, gently brush in the operated area and increase the brushing in the operated area each subsequent day.
6. Avoid all rinsing for 24 hours. Starting tomorrow, use warm salt water rinses ($\frac{1}{2}$ teaspoon salt to 8 oz. warm water) on the treated area under the lip or cheek, following each meal and before bedtime. Rinse for approximately 5 minutes.
7. Get plenty of rest and insure normal intake of food, especially liquids such as fruit juices, soups, and milk.
8. Take medications according to the instructions.
9. Should any difficulties or questions arise, do not hesitate to call this office at any time — day, night or weekend.