

Preparing for Your Endodontic Surgery

This information is given to you to help you be well prepared and as comfortable and relaxed as possible for your next appointment. Your recovery will be greatly enhanced by following these recommendations:

Pre-operative Prescriptions and Medications- Certain medications may need to be filled within 72 hours of the date issued.

- **Ibuprofen 200 (Advil, Nuprin, Motrin IB)**- Take 2-4 tablets with each meal starting 1 day prior to your appointment. You will continue this the day of the surgery and for 2-3 days after the procedure. This will greatly reduce the amount of discomfort and your need for prescription pain medication.
- **Antibiotics**- Take as directed on your prescription, beginning one day prior to your appointment.
- **Pain Medication**- Filling this prescription now will eliminate another trip to the pharmacy after your appointment. This prescription may be taken 1-2 hours after your surgery and as directed for the remainder of the day and evening. Most patients require little or no pain medication the day after the procedure.
- **Anxiety Medications**- May be prescribed to take the night before to ensure restful sleep for extremely anxious patients. Oral sedatives and/or nitrous oxide (dental gas) may be given in the office when needed.

Escorts or Drivers- Are usually optional, but you will be instructed if you will need to make arrangements for someone to drive you home. If you are traveling over 30 minutes to return home, a driver is recommended.

Recovery Rest Period- Is usually the day and evening of the procedure. Placement of an ice pack for 6-8 hours over the area greatly reduces swelling, so you can resume most normal activities and return to work the day after your appointment. Weight lifting and heavy aerobic exercise may be resumed on the third day following your surgery.

Diet- There are no food or liquid restrictions before your appointment. Drink plenty of liquids and eat before your visit. A soft, cold diet is recommended for the remainder of the day following the procedure. Vitamins, especially those containing higher doses of Vit. C (500-1000mg) and zinc are important in surgical healing.

Smoking- is prohibited for 24 hours following your surgery.

Attire- Loose, warm and comfortable clothing is recommended. For blood pressure monitoring, please wear short sleeves or removable jacket or sweater.

Suture Removal- Please plan to have your sutures removed within 4-7 days following the procedure.

****Biopsy Billing Information**- A biopsy is a routine oral cancer screening test. Please write a check in the amount of \$100 payable to the LSU Oral Pathology Lab for the biopsy fee (if no biopsy is obtained to submit for examination your check will be returned to you)