

University Dental Hospital of Manchester
Restorative Department

Information for Patients

Post-operative instructions following Apical Surgery

Please read the following instructions carefully

On the day of your operation

- Until the local anaesthetic has worn off, please take care when eating/drinking.
- Keep a soft light diet.
- Avoid hot food/drink.
- Avoid alcohol.
- Avoid smoking.
- Avoid excessive exertion.
- Do not rinse/spit.
- Avoid touching/pulling soft tissues around the surgical site.
- Avoid chewing directly on the treated tooth/ teeth for 5 days.

There may be a little oozing/bleeding following surgery. If this is the case then apply gentle pressure to the wound site with a clean rolled cotton handkerchief/gauze for 15 minutes. If oozing/bleeding continues after this then please contact us immediately.

Pain/Swelling Relief

- Pain relieving tablets such as Paracetamol or Ibuprofen can be taken in conjunction with each other and following manufacturer's instructions. This can be commenced before the local anaesthetic wears off.
- Avoid using hot packs on the outside of your mouth.
- Ice packs can be used if swelling occurs. Use them for 5 minutes for up to 5 times for the first 24 hours.

Aftercare

- The day after your surgery start using a mouthwash of salt water following each meal. (Add 1 teaspoon of salt to 1 cup of boiled water. Allow to cool before use)
- Do not brush the treated area for 7 days.
- During this period of 7 days it is advised to use an anti-bacterial/Chlorhexidine mouthwash three times per day.

Sutures/stitches

- Reabsorbable (dissolvable) sutures are mostly used for this type of procedure.
- Non-reabsorbable sutures may be used in specific cases and will be removed in the surgery at your review appointment.

Follow up appointments are routinely made in order to monitor and record surgery recovery progress. If you have any concerns/ queries about the information contained within this leaflet or any other aspects of your treatment, please do not hesitate to contact us:

The First Floor Restorative Department

Telephone Number (0161) 393 7734, Monday to Friday, 9.00 am to 5.00 pm.

Out of these hours please contact your referring Dentist, GP or your local Emergency Department.