



Apicoectomy Post Operative Instructions

If you need anything, please call us at 207-877-2200

Day of surgery

- Afternoon

- Go to your pharmacy and pick up:
 - Antibiotic (Prescription)
 - Ibuprofen (Advil)
 - Acetaminophen (Tylenol)
 - Hydrogen peroxide (if not provided by Dr. Kim)
- At home:
 - Take prescribed antibiotic
 - Take 600-800 mg of Ibuprofen (3-4 tablets) and 500 mg Tylenol every 6-8 hours
 - **Do not exceed 3200 mg Ibuprofen or 3000 mg Tylenol in a 24-hour period**
 - Ice!!! (20 minutes on, 5 minutes off)

- Evening

- Before bed
 - Brush your teeth as usual but **DO NOT BRUSH THE GUMS** or floss in the area of surgery until your sutures are removed. Please **only use water** (no toothpaste).

- 2nd day

- Continue taking the antibiotic, Ibuprofen, and Tylenol as directed
- Ice the entire day (20 minutes on, 5 minutes off)
- Brush your teeth as usual but **DO NOT BRUSH THE GUMS** or floss in the area of surgery until your sutures are removed. Please **only use water** (no toothpaste).

- 3rd day

- Continue taking the antibiotic, Ibuprofen, and Tylenol as directed
- Stop Ice
- Place hydrogen peroxide on sutures at least twice a day with q-tip
- Rinse gently with warm salt water 2 times per day
- Brush your teeth as usual but **DO NOT BRUSH THE GUMS** or floss in the area of surgery until your sutures are removed. You may use toothpaste.

- 4th day to follow up

- Continue taking the antibiotic as directed
- Take Ibuprofen and Tylenol if needed for pain control
- Place hydrogen peroxide on sutures at least twice a day
- Rinse with warm salt water 2 times per day

- Suture removal / Follow up in a week from surgery

- Notes:

- No smoking, drinking alcohol, forceful spitting, or strenuous exercise
- Brush with a manual toothbrush (no electric toothbrushes!) and be sure not to brush the gums in the area of your surgery
- Sleep with head slightly elevated and towel on pillow