



## 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

### **Apex Endodontics**

22 Strawberry Ave  
Lewiston, ME 04240

30 Concourse West  
Waterville, ME 04901

323 Main St, 2nd. Floor  
Saco, ME 04072