

After Oral Surgery

INSTRUCTIONS TO FOLLOW AFTER AN APICECTOMY

An apicectomy is the removal of the tip of the root of the tooth known as the apex. This minor surgical operation is performed if infection or cysts continue to be a problem after a root canal filling or your dentist is unable to seal the root tip with a normal root filling.



ON THE DAY OF TREATMENT

- Rest for a few hours, but you do not have to lie down
- Do not rinse your mouth for at least 6 hours after your operation
- Avoid hot drinks, alcohol, hard or chewy foods
- Pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (Panadol) two 500mg tablets every 4-6 hours as required (8 tablets maximum in 24 hours) or ibuprofen (Neurofen) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)
- Should the wound start to bleed, apply a handkerchief compress. Press this firmly against the bleeding point for 5-10 minutes or longer if necessary whilst sitting up. Take off the compress and check whether the bleeding has stopped. If it hasn't, use a fresh compress. If you cannot stop the bleeding yourself, please telephone the Hospital



DAY AFTER OPERATION & THE NEXT FOUR DAYS

- Continue with a soft diet
- Start mouth rinsing after 24 hours. Gently bathe the area with Corsodyl Daily (chlorhexidine) mouthwash or Difflam (benzylamine) oral rinse twice a day. Alternatively use salt-water rinses after each meal made by dissolving a level teaspoon of salt in a glass of warm water. The rinse should be held in the mouth for two to three minutes to bathe the wound and then discarded
- Do not hold anything hot against the outside of your face
- Pain and swelling should start to settle in three to four days
- Stitches (sutures) usually dissolve and fall away within about 14 days