



Brad M. Newberry, D.D.S., M.S.*
Jacob M. Pack, D.D.S., D.P.T., M.S.
Joseph D. McFarland, D.D.S, M.D.S
*Board Certified Endodontist
3762 S Fremont Ave
Springfield, MO 65804
Phone: 417.893.ENDO (3636)
Dr. Newberry's Cell: 417.861.7668
Dr. Pack's Cell: 619.787.2148
Dr. McFarland's Cell: 559.916.3739

Home Instructions Following Apicoectomy

1. For the first few days after treatment, your tooth may feel sensitive, especially if there was pain or infection before the procedure. This discomfort can be relieved with over-the-counter or prescription medications such as ibuprofen (Advil or Motrin) or acetaminophen (Tylenol or generic equivalent). Immediately following treatment, we recommend taking a dose before the numbness is gone to help avoid discomfort. **You may take 600-800 mg of ibuprofen (3-4 tablets) every 4-6 hours after the procedure and thereafter as necessary for pain. If you cannot take ibuprofen due an allergy, stomach ulcer, or as per your physician's advice, you may take 1000 mg acetaminophen (two extra strength Tylenols) every 6 hours.** You can also take both Motrin and Tylenol together for extra analgesia.
2. Apply cold compresses to outside of face in the area of the surgery. 20 minutes on, 20 minutes off for 6 hours.
3. If a sinus exposure occurred, do not blow your nose for one week. If you must sneeze, do so with your mouth open. This will allow the pressure to go through your mouth instead of your sinus. Do not be alarmed if you find blood in your nose. This may happen occasionally since the nose is connected directly to the sinus. You can take Sudafed to reduce the urge to blow your nose.
4. Avoid brushing and flossing the surgical site for the first six days. Continue brushing other areas of your mouth.
5. Do not raise your lip or pull on the cheek to look at the surgical site. This might tear the sutures and result in scarring. It is not unusual to have post-operative swelling/discoloration. If swelling does occur, it should begin to decrease after the third day.
6. Your sutures will dissolve and come out on their own within 5-7 days of the surgery.
7. A little bleeding or oozing is normal after surgery. If worried, place a wet tea bag firmly against the area for 20 minutes or longer if necessary. If bleeding continues, please call the office.
8. Do not rinse your mouth for the first day. Begin the use of the prescribed rinse the morning after the day of surgery.
9. A follow-up visit may be scheduled 3 to 12 months after your treatment to evaluate the progress of healing. This appointment will require only a few minutes and is included in the cost of your treatment. This visit is not always required.
10. It is uncommon to experience complications after treatment; however, should severe discomfort occur, please contact the office immediately at (417) 893-3636. If severe pain or swelling, not controlled by medication, occurs after business hours, Please call your treating Endodontist. Please have your pharmacy phone number available when the doctor returns your call.

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