Post-operative instructions for Apicoectomies/Root Amputations

An apicoectomy or root amputation is usually a simple procedure but it may be more involved depending on the circumstances of your case. Post-op care is very important. Unnecessary pain, complications from infection and swelling can be minimized if the instructions are followed carefully.

1. The gauze placed in your mouth is for protection of the site and help’s control bleeding. Change the gauze every 30 minutes as needed. If bleeding stops you can discontinue using the gauze. There may occasional spotting of blood in your saliva during the first day. THIS IS NORMAL. If the bleeding becomes excessive (meaning the gauze is getting saturated quickly), place a wet tea bag over the area (black tea works best). Repeat every 15 minutes as needed until it slows. If bleeding persists please contact the office.
2. Take medications as directed and make sure you eat before taking any pain medication.
3. It is important to use ice the first 24 hours after surgery. 20 minutes on 20 minutes off until bedtime. Elevate your head on two pillows to help reduce the effect of swelling. After 24 hours apply heat to affected area to help with edema. Same cycle of 20 minutes on and 20 minutes off.
4. Swelling and bruising is normal up to 3-5 days after surgery. If swelling occurs with a high fever please contact the office to be seen.
5. You will have sutures in place following the procedure. Please do not disturb the sutures. They are there to help the healing process. Do not brush in the area surrounding the surgical site. We will schedule a post-operative visit 2-3 weeks later to remove sutures. A soft diet should be used for the first 3-4 days following surgery. Please avoid crunchy things such as popcorn, chips, peanuts and other small seeds that can get lodged in the surgical site and cause infection.
6. After 24 hours you may begin using warm salt water rinses to help heal the area. 1 teaspoon of salt in a glass of warm water. Swish and spit.
7. Remember to take it easy the day of the procedure. The more activity you do the longer the healing can take and the more bleeding you can have. It is important to just rest and let your body heal.
8. If you have questions please do not hesitate to call the office. We will be calling the day of the procedure to check in on how you are doing.