

**Ian J. Langer, D.M.D. LLC**

N.J. Specialty Permit #3336

**Practice Limited to Endodontics**

**140 St. Paul Street**

**Westfield, N.J. 07090**

**(908) 232-7668**

**Instructions Following Root Canal Surgery**

1. Apply ice (in a plastic bag or ice pack) to face over surgical area, on fifteen minutes and off for five. Repeat all day if possible.
2. To prevent tearing sutures and delaying healing:
  - a. Do not raise lip to look at the area operated on (and don't show anyone else).
  - b. Be careful when brushing in the area, brushing gently *away* from the gums.
3. Avoid eating hard foods which may damage the area. Stick to a soft diet and chew on the opposite side.
4. Starting the day after surgery, rinse your mouth with hot salt water (1/2 teaspoon of salt in 1 glass of hot water) as frequently as possible, especially after meals. You should try to rinse at least 10 minutes every hour, and this should continue for several days.
5. If there is any discomfort, take the pain medication as prescribed. A little soreness And aching is normal. If severe pain, foul taste or significant swelling occurs, DO NOT PANIC, do call this office.
6. Take all antibiotics if instructed to do so.
7. Schedule an appointment to return in one week to remove the sutures.
8. Be sure to keep all follow up appointments to make sure that healing is occurring.