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Maryland Farms: 615-331-4750

## After Care Instructions: Apicoectomy/Implant Placement

If treatment was performed today, it is possible to have some pain or discomfort for several days. If your discomfort has not improved within **7 days**, please call our office before returning to your family dentist.

*If a bone graft was placed, begin, and continue Vitamin D supplementation (5,000 IU/day) for 4 months after procedure.*

### What you can expect:

1. Some bleeding for the next few hours is likely.
2. Some swelling is possible.
3. Gently use warm saltwater rinse (1 glass of water with ½ teaspoon of salt) every 2-4 hours.
4. Use prescription mouth rinse as directed, if prescribed.
5. Place an ice pack for 20 minutes on and 10 minutes off to decrease swelling.
6. If medications have been prescribed, take as directed as well as the over-the-counter medication if needed.

### Avoid:

- Warm packs on the outside of your face.
- Touching, pulling, or rubbing the suture area.
- Vigorous swishing. It will disrupt the healing process.

### Common concerns:

- If you are congested you may take Sudafed, Afrin, or other nasal sprays.
- You may brush your teeth regularly, avoiding the sutures.

### Over the Counter Instructions:

If needed for discomfort, take 3 (three) 200mg tablets of Advil/Ibuprofen/Motrin along with 2 (two) 500mg tablets of Tylenol (Acetaminophen) every six hours. If you have been prescribed a narcotic for discomfort, take as prescribed and do not take any additional Tylenol (Acetaminophen). **Please Note:** Narcotics may make you drowsy, and you may not be able to take them during the day.