

Apicoectomy Procedure: Pre-Op and Post-Op Instructions

Patient Name: _____ Date of Surgery: _____

Dentist: _____

PRE-OPERATIVE INSTRUCTIONS:

- **Consultation and Preparation:**
 - Attend all pre-surgical consultations as scheduled.
 - Ensure any necessary X-rays or imaging are taken to assess the surgical site.
 - Inform your dentist about any medical conditions, allergies, or medications you are currently taking.
- **Medications:**
 - You may be prescribed **Xanax** (a mild sedative) to help you relax before the procedure. If prescribed, take the medication exactly as directed, usually 30-60 minutes before your appointment.
 - If you take regular medications (e.g., blood pressure, diabetes), confirm with your dentist whether you should take them as usual before surgery.
- **Clothing:**
 - Wear loose, comfortable clothing. Avoid makeup, perfume, or any strong scents that may interfere with the procedure.

POST-OPERATIVE INSTRUCTIONS:

1. **Pain Management:**
 - You may experience mild discomfort, swelling, or bruising after the surgery.
 - Take prescribed pain medication or over-the-counter pain relievers (such as ibuprofen or acetaminophen) as directed.
 - If you experience severe pain that doesn't improve with medication, contact our office.
2. **Swelling and Bruising:**
 - Swelling is normal. Apply an ice pack to the outside of your face near the surgical site for 15-20 minutes every hour during the first 24 hours.
 - Bruising may occur but will resolve within a few days.
3. **Diet:**
 - Stick to a soft, bland diet (e.g., yogurt, mashed potatoes, soups) for the first few days.
 - Avoid hot, spicy, or hard foods that could irritate the surgical area.
 - Do not use straws as this could create suction and disrupt the healing process.
4. **Oral Hygiene:**
 - Do not brush the surgical area for one week after surgery.
 - After that, gently brush your teeth but avoid disturbing the stitches.
 - Rinse with warm salt water (1 tsp. of salt in a glass of warm water) starting 24 hours after surgery. You may also use any prescribed mouthwash.
 - Continue to brush and floss other areas of your mouth as usual.

5. **Activity:**
 - Avoid strenuous activity (e.g., exercise, heavy lifting) for at least 1-2 weeks after surgery.
 - Keep your head elevated when resting, especially the first night to reduce swelling.
6. **Follow-Up Appointment:**
 - A follow-up appointment will be scheduled within 1-2 weeks to monitor your healing and remove any stitches if necessary.
 - Attend all follow-up visits to ensure proper healing.
7. **Smoking and Alcohol:**
 - Refrain from smoking and drinking alcohol for at least 48-72 hours as they can interfere with healing and increase the risk of complications.
8. **Signs of Complications:**
 - Contact the office immediately if you experience:
 - Excessive bleeding
 - Severe pain not relieved by medication
 - Fever or chills
 - Signs of infection (pus)
9. **Stitches:**
 - We use non-dissolvable stitches; they will need to be removed at your follow-up appointment.

By following these instructions carefully, you can help ensure a smooth recovery after your apicoectomy procedure. If you have any questions or concerns, do not hesitate to contact our office.

Patient Acknowledgment:

I acknowledge that I have received and understood the above pre-operative and post-operative instructions, including the use of **Xanax** or other sedatives, and the requirement to have a responsible adult accompany me to the appointment and drive me home afterward. I agree to follow all the instructions and report any issues or complications to my dentist as directed.

Patient Signature: _____

Date: _____

Dentist/Surgeon Signature: _____

Date: _____