**INSTRUCTIONS FOLLOWING APICOECTOMY**

1. Apply ice (in a plastic bag or ice pack) to face, 20 minutes on, 20 minutes off. Repeat all day today. This will keep swelling to a minimum.
2. If swelling occurs, it will reach its peak by the 3nd day and then gradually diminish. Discoloration may also be seen following surgery.
3. Slight bleeding can be expected during the first day of surgery. If excessive bleeding occurs place a wet tea bag inside the mouth at the surgical area and press firmly on OUTSIDE of cheek for 1/2 hour. Keep head elevated. If bleeding persists, call the office.
4. Do NOT raise the lip to look at operated area. It is possible to tear the stitches accidentally, open the incision and delay healing.
5. Do NOT brush in the surgical area for the first 48 hours. Do NOT use a rotary toothbrush or water pik for 7 days after the surgery.
6. Eat a soft diet; mashed potatoes, yogurt, soup, fruit juices, eggs, malted milk, ice cream etc. Avoid crunchy food (popcorn, pretzels, and potato chips) for a week after surgery, as these could become lodged and irritate the surgical area. Drink plenty of liquids. If possible, avoid hot drinks for the first 24 hours. Do NOT drink through a straw.
7. 24 hours after your surgery, use a warm saltwater rinse (1/2 glass of water, 1/2 teaspoon salt; repeat 4 or 5 times a day for 2 weeks) or the prescribed mouth rinse (Peridex, follow directions on bottle), whichever your doctor has prescribed. Rinse gently.
8. If there is pain, take the prescription medication as directed or if your medical history allows you can use an over-the-counter medication (i.e. one 600 mg Ibuprofen or three over the counter 200 mg Ibuprofen every six hours).
9. Return to the office as pre-arranged by appointment, approximately 7 days after surgery.
10. If any unusual symptoms develop, please contact our office for advice or further instructions.
11. If prescribed antibiotics, take as directed until all medication is consumed.
12. Continue taking any prescription drugs as directed.
13. Smoking is contraindicated following surgery.

If you experience unexplained fever or chills following the procedure, please call Dr. Cohen at 646.504.8031, or Dr. Mintz at 845.393.1816

Should you have any additional questions or concerns with regards to the treatment received at today’s visit, please feel free to contact our office at   
(845)259-2500.