

William M. Bolak, D.M.D.
Practice Limited to Endodontics
5501 Independence Pkwy, Suite 203
Plano TX 75023
(972)964-3636

Post Surgical Instructions:

1. Apply ice pack (protect skin with towel or cloth between ice and face) for ten minutes on and then five minutes off for the rest of the day. This will minimize swelling and post-operative discomfort.
2. Rest today with your head elevated on a pillow.
3. Take prescribed medications as directed. For mild discomfort you may take acetaminophen (Tylenol) if this agrees with you.
4. Do not rinse your mouth for the first 24 hours. Brush your teeth with plain water so that you do not have to rinse afterward.
5. Slight bleeding is normal and you may want to protect your clothing and pillow.
6. After 24 hours begin gently rinsing at least 4 times a day with warm water. A pinch of salt can be added to the water if you are not on a salt restricted diet. This is really a soak more than a rinse you do not need to swish.
7. Your sutures are resorbable and will come out on their own
8. Do not use tobacco products or drink alcoholic beverages today and while taking antibiotics or pain medication.
9. No carbonated beverages for 48 hours.
10. Please call the office if you have any questions about your treatment or healing. After hours the phone is answered by answering service and referred immediately to the doctor on call so please leave a message.
11. Start Peridex _____ in PM- then twice daily.
- One capful, rinse for 2 minutes then spit out.