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**INSTRUCTIONS FOR HOME CARE FOLLOWING  
SURGICAL ROOT CANAL TREATMENT**

1. Go home and rest.
2. For the rest of the day, place an ice pack over the operated area.
3. Do not raise or pull lip to inspect the treated area.
4. Eat only soft foods for the next ten (10) days; avoid hot foods.
5. Do not brush teeth near the operated area for the next week. Brush teeth in the rest of mouth.
6. Starting tomorrow, use warm salt water (1/2 teaspoon to an 8-ounce glass of warm water) for gentle rinses and soaks of the treated area under the lip, following each meal and before bedtime.
7. Do **not** use a water spray device (e.g. Waterpik®) for cleaning teeth.
8. Get plenty of rest and insure normal intake of food, especially liquids such as fruit juices, soups, and milk.
9. Facial swelling and bruising may occur. It will disappear in about a week.
10. If antibiotics were prescribed, be certain to use all of them.
11. Take pain pills as needed, according to instructions.
12. Sleep with head elevated tonight to help reduce swelling.
13. No Smoking