



FOTOVATJAH ENDODONTICS  
- MEHRAN FOTOVATJAH DDS -

**Fotovatjah Endodontics**  
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## **INFORMATION FOR PATIENTS FOLLOWING SURGERY**

1. Use an ice pack over surgery area. Keep the ice pack on the area for 20 minutes, then off for 5 minutes, repeat this for 6-10 hours.
2. Do not lift or pull on the lip the first day of surgery as this may cause dislodging of sutures.
3. Some swelling and discoloration is normal and will disappear gradually. Do not be surprised if swelling occurs 24-48 hours after surgery.
4. Slight bleeding during the first day is normal.
5. After the first day, gently brush teeth and keep the mouth as clean as possible, as this will speed up the healing process.
6. The suture material may begin to dissolve in 7-10 days. Let it come out in its own.
7. Do not smoke for at least 24 hours. Smoking can seriously delay the healing process.
8. Do all chewing on the opposite side of mouth that had the surgery.
9. Do not eat anything hard or crunchy, such as apples, carrots, celery, French bread, chips, etc., for the 48 hours after surgery.
10. Eat foods such as soup, eggs, milk, pasta, etc. that will be nourishing, but will not require vigorous chewing.

**IF ANY UNUSUAL SYMPTOMS DEVELOP, PLEASE CONTACT THE OFFICE FOR  
ADVICE AND FURTHER INSTRUCTIONS.**