

**Endodontic Specialists  
Of The Rockies**

970-482-4916 (Fort Collins)  
970-461-1994 (Loveland)  
303-651-0202 (Longmont)

Anthony F. Girardi, D.D.S.  
David M. Jones, D.D.S.  
Kelly B. Jones, D.D.S., M.S.  
Jason E. Maines, D.D.S., M.S.

**Surgical Root Canal Therapy**

The following is an explanation of what typically happens at surgery appointments. Please note that each patient is different and treatment may vary.

**Surgery Consultation:** This appointment is required before all surgeries are scheduled. During this visit, an examination of your x-ray along with testing of the tooth in question is completed. If you are traveling from out of town, this visit may be replaced with a phone consultation once we have received x-rays of your tooth from your family dentist. To prepare you for your surgical procedure, an in-depth explanation of what to expect before and after the procedure is provided. All medical/health concerns will be addressed at this time. If you take aspirin or coumadin daily, you should inform the doctor who will be treating you. In addition, a step-by-step discussion of the surgical procedure will be given with illustrations from our surgical pamphlet. This appointment takes approximately 30 minutes and its focus is to make sure all of your questions are answered. At the end of this visit, you will be given an information packet which reviews the consultation discussion. You will also be given prescriptions. The morning of the surgery you will need to eat a good breakfast and start all of your prescribed medications. Before leaving your consultation, the cost for your surgery will be estimated and you will be given the opportunity to schedule an appointment with the receptionist. Keep in mind that a driver should accompany you at the time of your surgery. You are strongly advised not to drive yourself home after your surgery so if you need to make arrangements for a driver, you may call us at a later time to set up your appointment.

**The Surgical Procedure:** You will be scheduled for a 1 to 2 hour appointment for the day of your surgery. The procedure typically takes 30 to 45 minutes. The remainder of the scheduled time is to be used for allowing the surgical site to numb (15-30 minutes), and to review the post-surgical instructions.

The following is an overview of the surgical steps:

- a) Local anesthetic is given
- b) The surgical site is incised, the gums are reflected to see the underlying bone
- c) Removal of inflamed or infected tissue around the root end
- d) Removal of the root end
- e) A small filling is placed to seal the end of the root canal

- f) Examination of root structure for cracks or splits
- g) Gum tissue is placed back to position and sutures are placed
- h) Final x-ray is taken (this x-ray will be sent to your family dentist with a letter)
- i) An ice pack is applied to surgical area

After you surgery it is advised that you are escorted home by you designated driver. Once home, try to get as much rest as possible for the remainder of the day and the following day. Please see the “Post Surgical Instructions” for medication instructions and care of surgical site.

**Symptoms To Expect After The Surgery:**

- a) Inflammation of the tissue around the surgery site
- b) Slight bleeding for the first 24 hours
- c) Some swelling for the first 24-48 hours
- d) Some bruising and discoloration of the tissue near the surgery site
- e) Some bruising of the cheek around the surgery site
- f) Anesthetic numbness 4-10 hours after procedure
- g) **Paresthesia:** is a risk when performing surgery; however it is very rare. Paresthesia means numbness which can occur in the jaw, tongue or lip area following root canal surgery. Please discuss this with your doctor if you have any questions.

**Note that all of these symptoms can be reduced significantly by icing the surgical area for several hours after treatment.**

**Post Surgical Appointment:** Typically scheduled one week after surgery. Any remaining sutures will re removed at this visit. An examination of the tissues at the surgery site is completed.

**Recall Appointment:** One year after the completion of your endodontic treatment, our office will send you a post-card asking you to come in for a check up. Occasionally patients will be asked to come in for recall appointments in less than one year. There is no charge for this appointment. It is a 10 minute visit for us to take a new x-ray of the surgical site and re-confirm that the site is healing appropriately. This x-ray will be sent to your family dentist with a letter.

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### **Pre-Surgical Instructions**

- 1) **Driver**: We highly recommend that you have someone drive you to and from your surgery appointment especially when driving long distances.
  
- 2) **Medications**: You may need up to 3 prescriptions filled and started the day of surgery.
  - **Antibiotic** – take 2 pills the morning of surgery, then 1 pill every 6 hours until gone. If you are already on antibiotics, just continue as your bottle states. If you run out before the surgery you may need a refill to start the morning of surgery.
  - **Pain Medication** – take 1 pill before 1 hour before surgery, then 1 pill every 4-6 hours for the next 2-3 days. Take them as needed after that. Do not take aspirin or Ibuprofen (Advil, Motrin) products before the procedure. These medications will make it more difficult to control bleeding.
  - **Mouth Rinse** – rinse with Peridex before your surgery appointment. Do not use rinse again until the morning after your surgery. Continue to use until post-op appointment.
  
- 3) It is important to keep your nutrition up, so eat a good meal before your surgery appointment. If you are being I.V. sedated this day, this does not apply. Please refer to I.V. sedation instructions.

**\*\*\* If you take aspirin on a daily basis, please stop taking it 5 days prior to your appointment. If you are taking any other blood thinners, please let us know before surgery.**

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### **Post Surgical Instructions**

- 1) **Rest**: Plan to take three days off of work and your daily activities. After your surgical treatment go directly home and rest as much as possible for the remainder of the day and the day after. Your discomfort should be minimal after the first 12 hours.
- 2) **Medications**: Continue to take your medications as prescribed.
  - **Antibiotic** – Continue to take your antibiotics every six hours until gone.
  - **Pain Medications** – Continue taking your pain medication every 4-6 hours as needed for two to three days after surgery.
- 3) **Ice**: Continue icing (15 minutes on, 15 minutes off) for the first 6-8 hours after surgery, or until you go to bed.
- 4) **Elevate**: When you lie down, keep your head elevated with an extra pillow for the first 48 hours.
- 5) **Do Not**: Raise your lip to look at the sutures. This may disrupt or tear the sutures. Refrain from smoking for the first 48 hours after surgery.
- 6) **Swelling, Discoloration and Bleeding**: Do not be alarmed if you develop swelling. Swelling is a normal occurrence caused by working with the tissues at the surgical site. It is also normal to have some discoloration of the tissues around the surgical site. You may notice some slight bleeding at the surgery site after treatment. You may use the provided gauze to help clot this minor bleeding.
- 7) **Mouth Rinses**: Do not rinse your mouth for the remainder of the day after your surgery. Begin rinsing the following day. There are two different mouth rinses that can be used to help keep the tissues at the surgery site clean.
  - **Peridex**- This mouth rinse may be prescribed to you by your treating doctor. Use this rinse once the morning of surgery before you come in for your appointment. The day after the treatment, begin rinsing twice a day or as prescribed.
  - **Salt Water**- Warm salt water may also be used to gently rinse your mouth after meals. (1 teaspoon salt in a glass of warm water)

- 8) **Eating**: Eat what is comfortable you. Try to avoid eating brittle, crunchy foods as well as hard foods that require heavy pressure to chew.
- 9) **Brushing**: Avoid brushing at the surgical site for the first 24 hours. By the next day, if it is not too uncomfortable, you may begin gentle brushing at the site. By a week after treatment, you should be able to brush as before. You may notice some slight gum bleeding as you get more aggressive, but this will lessen with time.
- 10) **Call**: Do not hesitate to call the office if you have any questions about unusual bleeding or severe pain. In case of emergency, you can reach the doctors at home. Dr. Girardi can be reached at 970-482-4916. After hours you can reach the doctors at home. Dr. Girardi can be reached at 970-233-0736. Dr. David Jones and Dr. Kelly Jones can be reached at 970-266-9284 and Dr. Jason Maines can be reached at 970-674-2896.

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**Consent for Endodontic Surgery**

I hereby authorize Dr. Anthony F. Girardi, Dr. Kelly Jones, Dr. David M. Jones, Dr. Jason E. Maines, and any other agents or employees of Endodontic Specialists to treat the condition(s) described below:

- 1) The procedure(s) necessary to treat the condition(s) have been explained to me and I understand the nature of the procedure to be:
  - a) Surgical root canal therapy on tooth number(s) \_\_\_\_\_
  - b) Other \_\_\_\_\_
- 2) I have been informed of possible alternative methods of treatment including no treatment at all and extraction.
- 3) It has been explained to me and I understand that a perfect result is not guaranteed or warranted.
- 4) I understand that there are certain inherent and potential risks in any treatment plan or procedure, which include paresthesia. Paresthesia is a risk, however, it is rare. Paresthesia means numbness that can occur in the jaw, tongue, or lip area following endodontic treatment.
- 5) My treating doctor and the staff of Endodontic Specialists have provided me with answers to all of my questions concerning the nature of treatment, the inherent risks of the treatment, and the alternatives to this treatment.
- 6) I understand that most surgical procedures result in slight gingival (gum) recession.  
**Please Initial** \_\_\_\_\_
- 7) The possibility of a cracked or split root has been explained to me. I understand that a cracked or split root may result in the extraction of the tooth.  
**Please Initial** \_\_\_\_\_
- 8) I understand that payment is due in full at the time of service OR 20% if I have dental insurance.  
**Please Initial** \_\_\_\_\_
- 9) All of the foregoing has been explained to me. I understand the information that has been provided To me and I consent to the treatment.

**The fee for this treatment is:**

- Surgical RCT..... \_\_\_\_\_
- Nitrous (\$85.00).... \_\_\_\_\_
- Other..... \_\_\_\_\_
  
- **Total**..... \_\_\_\_\_

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Date**