

## POST OP INSTRUCTIONS

Thank you for visiting our office for your endodontic needs. This information might help you to understand what is to be expected after treatment. Below is a list of things that may or may not apply to you. Please read the sections marked for you.

- You can have some discomfort for several days after endodontic treatment. This is normal and no cause for alarm. As long as your symptoms are improving, the treatment is working.
- Your tooth may be tender to chewing. DO NOT chew on your tooth until your permanent filling and crown are in place.
- Your jaw may be sore from holding your mouth open for an extended period of time.
- We recommend you take an anti-inflammatory medication\* for your discomfort.
- You can brush and floss unless directed otherwise.
- Our office will make a follow-up examination at 6 months and 1 year to evaluate the progress of your healing.

\_\_\_\_\_ 1. A temporary filling was placed in your tooth. Please avoid all sticky foods. You will need to schedule an appointment with your general dentist for a build-up or permanent restoration and a full coverage crown. We recommended that you wait about a week after treatment to have this done.

\_\_\_\_\_ 2. A permanent filling was placed today. There is no need to return to your general dentist.

\_\_\_\_\_ 3. A build-up (foundation for a crown) was placed today. You still need to schedule an appointment with your general dentist for a full coverage crown. We recommended that you wait about a week after treatment to have this done.

\_\_\_\_\_ -- An antibiotic was prescribed. Take as directed and in its entirety.

*\*Anti-inflammatory medications – TAKE THE HIGHLIGHTED MODALITY per Dr. Peek*

- *Ibuprofen = Advil<sup>®</sup> = Motrin<sup>®</sup> – 400mg [2 tabs] to 600mg [3 tabs] with food every 4-6 hrs. for discomfort*
- *Ibuprofen = Advil<sup>®</sup> = Motrin<sup>®</sup> – 800mg [4 tabs] with food every 8 hrs. for discomfort*
- *Tylenol<sup>®</sup> = Acetaminophen – 500mg [1 tab] every 4-6 hrs. for discomfort*
- *Naproxen Sodium = Aleve<sup>®</sup> – 220mg [1 tab] every 8-12 hrs. for discomfort*

Should you experience discomfort that cannot be controlled with the above medications, or if swelling continues to develop, please contact our office immediately. If you call after normal business hours, please have your pharmacy number available. But if you feel it is an emergency call 911.

We hope your experience with us was positive, and one you would like to share with others. Feel free to call us anytime if you need anything in the future.

Dr. Peek & Staff