

## 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.

- 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.

\_\_\_\_\_ 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.

\_\_\_\_\_ 2. A permanent filling was placed today.

- If this tooth already has a crown, please continue to see your general dentist for routine care.
- If the tooth we treated does not have a crown, please schedule an appointment with your general dentist for a full coverage crown. Your general dentist may/may not provide full coverage crowns. If your general dentist does not provide this service, it is their responsibility to refer you out for crown placement. Eastern Iowa Endodontics is not responsible for any damages that may occur to your tooth/teeth if crowns are not placed within the recommended time frame.

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

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

Should you experience discomfort that cannot be controlled with the above medications, or if swelling develops, please contact our office. 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