

ENDODONTIC POST – TREATMENT INSTRUCTIONS

Here are some general guidelines and information you might like to review to make your post-treatment period comfortable:

PAIN / DISCOMFORT: Expect some post-treatment discomfort. The tooth will be sensitive to chewing and the area may be sore for anywhere between 2 to 10 days. Use the pain medication prescribed or Over-The-Counter (OTC) medication such as Advil, Motrin, Aleve, and Tylenol as directed by the doctor.

SORE GUMS: You may feel soreness in the gum near the tooth and in the local anesthetic ('Novocaine') injection sites. This soreness should disappear within 7 – 10 days. Also - Since the tooth's exterior may have been slightly altered by the treatment (bite reduced, fillings removed) it may feel different to your tongue and cheek.

SWELLING: If your tooth is infected you may have presented to us with some swelling. If you were not swollen to start with, there is a chance you will have some swelling after the treatment. This swelling should start to diminish within a few days. We will prescribe antibiotics as needed to aid with the healing process.

MEDICATIONS: Please take your medications as instructed by Dr. Saidon.

- Sometimes narcotics are prescribed to reduce post-treatment discomfort. If this is the case, avoid alcohol consumption, driving a car or operating any potentially dangerous machinery while under the influence of these drugs.
- Some antibiotics can cause stomach upset and diarrhea – if this happens, please contact us immediately.
- Any medication can cause an allergic reaction. If you experience itching or a rash, please contact us immediately. If you have difficulty swallowing or breathing (an anaphylactic reaction), please go the emergency room immediately. Advise our office of this reaction as soon as possible.
- **WOMEN:** If you are taking birth control pills and will be taking antibiotics, please use an alternate birth control method as antibiotics greatly reduces the effectiveness of the pill.

NUTRITION: Avoid chewing on the side of the treated tooth for the first 3 hours or until the local anesthesia wears off. After that you may generally eat as you ordinarily would, except try to minimize chewing on the treated tooth. This is especially important if you have been told that your tooth has a crack. You will be able to resume normal chewing when your dentist places the permanent restoration on the tooth.

ORAL HYGIENE: You may brush your teeth as you normally do. Please use caution while flossing around the treated tooth as you may dislodge the temporary filling.

If you have any questions or concerns, please do not hesitate to call the telephone number listed below.