

BOLAMPERTI FAMILY DENTISTRY

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INSTRUCTIONS FOLLOWING ROOT CANAL (ENDODONTIC) TREATMENT

PAIN AND MEDICATIONS

Expect some mild to moderate pain or discomfort following your endodontic appointment. This procedure involves more than just the individual tooth treated. You should expect some soreness of the gum tissue and the area where the anesthetic was delivered. We recommend you take 1 extra strength Tylenol (500mg) together with 1-2 Advil/Ibuprofen (200-400mg) every 4-6 hours as needed for pain. Take one dose before the numbness of the anesthetic wears off. Do not take these medications if you have a medical condition that would contraindicate their use. Do not take more than the manufacturer's or doctor's recommended dosage of any over-the-counter or prescription medication. **AVOID** taking pain pills on an empty stomach, as this can cause nausea.

ORAL HYGIENE

Brush your teeth as usual. On the day of your appointment, gently rinse with warm salt water (1 teaspoon of salt dissolved in a half glass of warm water) every 4-6 hours.

SWELLING

Swelling is not normal after endodontic treatment. If you experience facial swelling please contact the office. If you experience any difficulty swallowing or breathing seek emergency care immediately.

EATING

Eat a balanced diet and drink plenty of water. Your body needs nourishment and fluid to aid in the healing process. Your tooth has a temporary restoration and so we recommend you eat a soft/semi-soft diet for 2-3 days. Also, eat on the opposite side of your mouth until your root canal treated tooth has its final restoration placed. The tooth will normally be tender to biting for a few days. However, if severe pain is experienced during normal closing, your bite may need to be adjusted.

COMPLICATIONS: IMPORTANT

If you experience any severe swelling, severe prolonged pain, high fever, dizziness, allergic type reactions, etc. that concern you, please call us immediately or go to the emergency room for immediate medical attention.

IF ANY PROBLEMS OCCUR, PLEASE CALL THE OFFICE OR MY HOME _____

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