

## First Day:

- Your Endodontic treatment is now complete. Your tooth currently has a temporary restoration designed to seal the tooth for the next few weeks.
- The feeling of numbness will start wearing off in the next 2-3 hours. You can drink liquids while you are still numb, but you may only start eating solids when the numbness completely wears off. This is to prevent any soft tissue injuries when biting.
- Only eat on the OPPOSITE side. DO NOT chew on the recently treated side until you get the final restoration (permanent filling or crown) placed by your general dentist.
- You can resume normal brushing and flossing except on the treated tooth
- The best way to prevent symptoms is to take the medication BEFORE discomfort begins. Once treatment is completed, please follow this regimen:
  - Ibuprofen 800 mg every 6 hours (Ibuprofen 800 mg is prescription only. Alternatively, you can take 4 Advil/Motrin tablets)
    - If you still have pain,*
      - *Ibuprofen 800 mg every 6 hours and alternating with 2 tablets of Tylenol Regular Strength (650 mg total)*
    - If you cannot take Ibuprofen,*
      - *2 tablets of Tylenol Extra Strength (1 gm total) every 6 hours*
  - If antibiotics are needed, take them as prescribed.

## After 24 hrs.:

- Take your pain medication only as needed. If antibiotics were started, you will need to finish the whole course of medication.
- Your general dentist will receive your treatment report. You will need to schedule an appointment with their office to get the final restoration placed WITHIN TWO WEEKS.
- Delaying the placement of the final restoration can result in dissolution of the temporary restoration causing bacterial contamination of the root canal system. This may require additional procedures like Root Canal Retreatment, Surgery or Extraction.
- Chewing on the treated tooth is prohibited until your final restoration is placed, because the tooth might crack or fracture which can result in extraction of the treated tooth.
- Even after receiving the final restoration, it is normal for the tooth to feel tender for the first 2-3 weeks. It takes time to repair the irritated and inflamed tissues that support your tooth in the jawbone.
- The appropriate endodontic treated tooth followed by a well-sealed restoration can last as long as your other natural teeth on the condition that good oral hygiene is practiced including brushing, flossing, regular checkups and cleanings.

***If you should experience swelling, fever, persistent severe discomfort, or any other side effects, call or text our office at (281) 961-0961.***

*Thank you for putting the trust in us to give your tooth another life!*