

GLASS CITY ENDODONTICS INC.

Matthew Nakfoor, DDS

Matthew Dietrich, DDS

*Practice limited to Endodontics*

3900 Sunforest Court Suite #232, Toledo, Ohio 43623

419-472-7668

**Post Treatment Instructions**

- Expect soreness in the tooth and jaw for 1-5 days. It is normal for you to feel more on the 3<sup>rd</sup> or 4<sup>th</sup> day.
- No chewing until the numbness from the anesthesia ends.
- Be cautious chewing on the tooth until the tooth is restored. The tooth is weaker and may fracture.
- Medications per below:
  - Pain relief: 600mg of ibuprofen (Advil, Motrin or generic) every 6 hours. If ibuprofen alone is not adequate, you may take ONE extra Strength Tylenol half way between the Ibuprofen doses
  - Antibiotics (if prescribed) need to be taken until entire course is completed. If antibiotics are taken, a Probiotic supplement is recommended for duration of antibiotic course.

If the following occurs, call immediately:

- Visible Swelling
- Extreme discomfort
- Occasionally an ulcer (like a canker sore) may develop on the gum tissue next to the tooth due to the rubber dam clamp or local anesthetic injection. An alcohol-free antiseptic mouth rinse can be used, but the ulcer will heal on its own in about 10-14 days
- If desired, an ice pack may be used, 20 min on/20 min off for 4-6 hrs, but a heat pack is NOT to be used
- Your tooth needs a permanent restoration. Please contact your general dentist soon to have the tooth restored within 4-6 weeks, however please wait at least 7 days from completion of treatment to have the permanent restoration done unless your doctor has advised otherwise.
- If you have any question, please call.

Name: \_\_\_\_\_

Date: \_\_\_\_\_