

GLASS CITY ENDODONTICS INC.

Matthew Nakfoor, DDS

Matthew Dietrich, DDS

Lindsey LaLonde, 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 3rd or 4th 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: Pain relief: 400mg (2 over the counter tablets) of ibuprofen (Advil, Motrin or generic) and 2 regular strength (325mg) plain Tylenol every 6 hours.
 - If a narcotic/ Tylenol combination is prescribed (for example, Tylenol #3 or Norco) take in lieu of the regular strength Tylenol above. Still take the ibuprofen as above.
 - Pediatric Patients should follow dosage guidelines on the OTC pain med bottle.
 - Antibiotics (if prescribed) need to be taken until the 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, **the sooner the better**, to have the tooth restored, within 1-4 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 questions, please call.

Name: _____

Date: _____