

NEW MEXICO ENDODONTIC CENTER

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POST -TREATMENT INSTRUCTIONS

What to expect:

When the anesthesia subsides, expect to be sore. It is normal for facial muscles to be sore from staying open. Often, there is an intermittent ache that comes and goes for 48 hours in the area where the treatment was completed. The endodontically-treated tooth can be sore to touch and chew for 7-10 days, typically improving each day. Just like a sprained ankle, the tooth may feel fine unless it is tested with a forceful bite. Slight puffiness of the cheek in the area where treatment occurred is normal on the day of treatment.

What to do:

Be careful if you eat before the anesthesia subsides. Brush and floss as normal; the tooth may be a little sensitive. If the treated tooth is a molar or premolar and does not yet have a crown, avoid chewing anything hard on the tooth until it is protected by a crown. If the treated tooth is a molar or a premolar and it is protected by a crown, be somewhat cautious eating hard foods; it is unlikely you will crack the tooth, but you may cause discomfort if you bite forcefully into something hard. Take medications as recommended (see Medications below). Call the office if you experience significant swelling or significant discomfort.

What *not* to do:

If the treated tooth is a molar or premolar and it does not have a crown, do not eat hard things (e.g. raw almonds, etc) on the tooth until it is protected by a crown from your general dentist. Do not tap on the tooth to see if it feels better yet.

Medications:

Postoperative discomfort is often well controlled with a regimen of over-the-counter pain medications. We recommend ibuprofen as the medication of choice. Taking the first dose of ibuprofen before the local anesthesia has completely subsided is helpful. Staying ahead of any discomfort by taking pain medication by the clock instead of waiting until soreness returns is a successful strategy to stay comfortable for the first 36 to 48 hours after treatment. Unless you have been advised not to take ibuprofen or acetaminophen by your physician:

Take 600 mg ibuprofen (three over the counter tablets) every 6 hours. This is often adequate to control discomfort.

If breakthrough pain is experienced while taking ibuprofen, take 500 to 1000 mg of acetaminophen **WITH** the ibuprofen every 6 hours.

Do not exceed 3200 mg ibuprofen in 24 hours. Do not exceed 3000 mg acetaminophen in 24 hours.

Please feel free to call the office with any additional questions or concerns that you may have:

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