



Thank you very much for the opportunity to help with your endodontic treatment needs. We sincerely hope your experience with Apex Endodontics has exceeded your expectations. The following information should give you an idea of what to expect over the next few days and how to care for your endodontically treated tooth.

**DISCOMFORT:** It is very common to experience discomfort following endodontic treatment. This is a normal inflammatory reaction, and is a result of the infection that was present in your tooth. As your body heals, the tooth should start to feel much better in three to five days. If discomfort persists, or complications such as swelling develop, please contact our office immediately.

**MEDICATIONS:** If medications are prescribed, please take them as directed to aid in the healing process. Alternatively, there are some over-the-counter medications that are very effective in controlling post operative discomfort. Ibuprofen (Advil), and acetaminophen (Tylenol) can be taken together according to the following schedule for the next 48 hours:

Ibuprofen: 600 mg every eight hours (do not exceed 2400 mg/day)

Acetaminophen: 325 mg every six hours (do not exceed 2600 mg/day).

Please do not hesitate to call our office if you have questions regarding any medications, or if there is some reason you are unable take them (intolerance, allergy, drug interactions, etc.).

**DIET/HYGEINE:** After endodontic treatment has been started, the tooth becomes structurally weaker and highly susceptible to fracture. To prevent complications, try to maintain a soft diet until your general dentist can place a permanent filling or crown on the tooth. If the gums around the tooth are irritated, rinsing your mouth with warm salt water (1/2 tsp. to 8 oz. warm water) will soothe the area and facilitate healing. There are no dental hygiene restrictions, so continue to brush and floss as normal.

**COMPLETION OF TREATMENT:** It is important to understand that the root canal procedure has not yet been completed. Currently there is an anti-microbial medication in your tooth that is intended to further disinfect the tooth and promote healing. It is important that you return for your next appointment as scheduled to have the root canal procedure completed. Failure to do so can result in irreparable damage or recontamination of the tooth.

Please feel free to contact us at 719-282-6600 if you have any questions. We will be happy to assist you!

Warmest Regards,

Apex Endodontics