



GREGORY S. MYERS, DDS, MS, INC.  
PRACTICE LIMITED TO ENDODONTICS

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## POST OPERATIVE INSTRUCTIONS FOR YOUR ENDODONTIC TREATMENT

### Pain management

Your tooth may ache over the next 3-7 days, if not longer. We recommend taking over the counter pain medication (specifically ibuprofen (Advil, Motrin IB), aspirin, or acetaminophen (Tylenol)). The anti-inflammatory action of ibuprofen will help ease your discomfort. **600mg of ibuprofen (3 200mg tablets) taken EVERY 4 HOURS is usually enough to relieve mild to moderate dental pain.**

In some instances, especially if your tooth was necrotic (infected), a flare up with moderate to severe pain may occur and can last 2-14 days if not longer. For moderate to severe pain, we recommend taking 600 mg of ibuprofen followed by a prescribed pain reliever or Tylenol 2 hours later, repeating this sequence every 4 hours as needed.

For example: If your procedure was complete at 1:00 PM and we supplied you with 600 mg dose of ibuprofen and you are still experiencing pain 2 hours later at 3:00 PM, take the prescribed pain reliever or Tylenol as directed. Two hours later at 5:00 PM, repeat the 600 mg of Ibuprofen. Continue this cycle as needed.

\_\_\_\_\_ Time you started ibuprofen  
\_\_\_\_\_ Next dose of pain reliever (prescription or Tylenol)  
\_\_\_\_\_ 2<sup>nd</sup> dose of ibuprofen  
\_\_\_\_\_ 2<sup>nd</sup> dose of pain reliever (prescription or Tylenol)

\*\*For those not able to take NSAIDS (Ibuprofen or aspirin), acetaminophen (Tylenol) or the prescribed pain reliever would be recommended every 4 hours for pain management.

If you were prescribed an antibiotic by your dentist or by us, please continue taking it as directed until you complete the antibiotic prescription unless told otherwise.

### General instruction

**VERY IMPORTANT:** You must return to your dentist within the next 6 weeks to permanently restore your tooth. After that time, the temporary filling starts to lose its seal. If the seal is compromised, the tooth will become contaminated, resulting in re-infection. In some circumstances, retreatment may be necessary. Also, make an appointment with our office for a check in, one year from now.

\* Please do not chew on this tooth until after you see your dentist for the final restoration in the tooth. Chewing on the tooth can damage the temporary restoration or fracture the tooth. Fractures, if severe, can cause the tooth to become non-restorable, which means the tooth would need to be extracted.

\* You can eat normally on the other side once the numbness has worn off. Refrain from eating while still numb to prevent biting your tongue, lip or cheek. Again, avoid the tooth we worked on.

\* You may find that the tooth may feel 'high' when you bite and may be sore to touch. The periodontal ligaments that support the tooth may be sore from the initial inflammation. Normally this will resolve in a few weeks. Think of your tooth as having a bruise below it. That bruise, like a bruise on your body, requires time to heal.

\* The temporary filling will be replaced by your dentist with a permanent restoration. The temporary filling needs about 30 minutes to set up. Avoid aggressive brushing and flossing of the tooth to prevent dislodgement of the filling.

\* Feel free to call our office if you have any questions (440-248-3747). After hours, call Dr. Myers cell (216-408-1625). Please notify us if any of the following occur:

- Swelling around the tooth or in the face and jaw
- Pain that is not relieved by the pain medication prescribed and/or recommended
- Any allergic reaction that you experience

*We have enjoyed taking care of you! If we can be of any help in the future, please do not hesitate to call us.*