



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:

Ibuprofen: 800 mg every eight hours (do not exceed 2400 mg/day)

Acetaminophen: 500 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/HYGIENE:** 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 restorative 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.

**FINAL RESTORATION:** Upon completion of root canal treatment, a temporary filling is placed in the tooth to prevent re-contamination of the root canal space by saliva and bacteria. However, temporary fillings do not predictably seal the tooth for more than three weeks. Therefore, it is very important that you schedule an appointment with your restorative dentist to place a final restoration (filling or crown) on this tooth as soon as possible. This protects the root canal treated tooth from re-infection and possible fracture of the remaining tooth structure.

**FOLLOW-UP:** We encourage all of our patients to return to our office for a future check-up (recall) appointment. This brief visit usually occurs one year after completion of treatment and allows us the opportunity to evaluate healing and ensure that you are not having any problems. However, if you have questions or encounter problems with your tooth at any time, please do not hesitate to contact us.

**FEEDBACK:** We hope you will take the time to fill out your post-operative pain evaluation located on our web site at [www.apexendoco.com](http://www.apexendoco.com) Please go to **Patient Login** on the top right side of the home page. Then, enter your User ID and Password:

After logging in, please click the link titled **Evaluation**, select your previous appointment date and complete the questionnaire online.

You may also write a testimonial just visit the web address below:

<http://www.apexendoco.com/testimonials>

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