

**Park 56 Dental Group**

**Dr. Thomas Manders**

**Dr. Irene Wong**

**In case of emergency call:**

**Dr. Manders' cell: (203) 273-0315**

**Dr. Wong's cell: (203) 273-4938**

**Or call (203) 325-3636-Connecticut Office**

**INSTRUCTIONS AND CARE OF YOUR TOOTH AFTER ENDODONTIC THERAPY**

As a result of the infection present in all teeth requiring endodontic therapy and the manipulation during the appointment, your tooth and surrounding gum tissues may be highly irritated and uncomfortable for several days and may take as long as a month to heal. At times the discomfort may worsen a few days after your appointment. In the absence of facial swelling, this discomfort is normal and is no cause for concern. However, we encourage you to call Dr. Wong or Dr. Manders if there is any question regarding your individual course of healing.

Pain to biting or chewing on your treated tooth for up to several weeks should be expected – try to avoid biting or chewing in this area until comfortable. If painful to biting without food present, or if spontaneously very painful or worsening, please contact us as soon as possible.

Do not eat or drink until the local anesthetic has worn off. Do not chew food on the affected side until your endodontic therapy has been completed and your tooth is covered with a protective restoration provided by your restorative dentist. You may continue your regular dental hygiene regimen.

Discomfort may be alleviated by taking pain medication as directed (see below). Should you experience discomfort that cannot be controlled with medications prescribed or should swelling develop, please contact our office immediately. Please have your pharmacy number available.

Endodontic treatment has now been completed. The root canal system has been permanently sealed. However, the outer surface is sealed with a temporary restoration. A permanent restoration must be placed to protect your tooth against fracture and decay. Loss of the seal on the outer surface of the tooth can lead to failure of the root canal treatment.

Please make an appointment with your restorative dentist.

For the relief of any discomfort, the doctor recommends:

- Take 2 Advil (400 mg Ibuprofen) every 4-6 hours as needed.

For more relief: Add 2 Tylenol (Regular or Extra Strength) in between the Advil doses ( that is, take 2 Tylenol followed 2 hours later by 2 Advil followed 2 hours later by 2 Tylenol followed 2 hours later by 2 Advil....)

For maximum relief: Substitute the 2 Tylenol with 1 Vicodin (Hydrocodone) in between the Advil doses (that is, take 2 Advil followed 2 hours later by 1 Vicodin followed 2 hours later by 2 Advil followed 2 hours later by 1 Vicodin...) No driving or alcohol.

- If unable to take Advil or aspirin products, take 2 Tylenol every 4-6 hours. Take 1 Vicodin (Hydrocodone) instead of the Tylenol every 4 – 6 hours if needed, but no driving or alcohol.

- Other: \_\_\_\_\_  
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