

# Fife and Steffen Endodontics

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## HOME CARE INSTRUCTIONS FOLLOWING ENDODONTIC TREATMENT

1. The tooth and its surrounding tissues may be tender for several days. This is a result of the condition with which you presented to our office, combined with the treatment performed.
2. Any discomfort may be relieved by Advil (ibuprofen), or Tylenol (acetaminophen) tablets. Up to 800mg of Ibuprofen (four 200mg over-the-counter tablets) **OR** 1,000mg of Acetaminophen (two 500mg over-the-counter extra-strength tablets) may be taken every 6 hours for 2 – 3 days following treatment. **DO NOT TAKE IBUPROFEN IF YOUR PHYSICIAN HAS DIRECTED YOU TO AVOID TAKING ASPIRIN. DO NOT COMBINE OVER-THE-COUNTER PAIN RELIEVERS WITH PRESCRIPTION PAIN MEDICATIONS UNLESS DIRECTED BY THE DOCTOR.**
3. Bathing the tooth in warm salt water may also provide relief from discomfort. **DO NOT DO THIS IF YOUR PHYSICIAN HAS LIMITED YOUR SALT INTAKE.** A half teaspoon of ordinary salt in a glassful of tap water, as warm as you can comfortably tolerate, is the right combination. For faster relief, bathe the tooth every hour on the hour.
4. It is normal for a thin layer of the temporary restoration to be worn away. Avoid chewing on this area until the final restoration is placed by your general dentist. Please contact your general dentist for an appointment.
5. Brush as you would normally.
6. Should severe pain persist or swelling develops, please call our office at 702-360-2122. After hours, Dr. Fife can be reached at 702-328-2122 and Dr. Steffen can be reached at 702-550-2321. Please call if you have any concerns at all.

Thank you for your trust and confidence.