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## **NOW THAT YOUR ROOT CANAL TREATMENT IS COMPLETE...**

### **PLEASE DO NOT BITE OR CHEW ON THIS TOOTH.**

Doing so may cause the tooth to break. Not all broken teeth can be repaired. Please do not eat any hard or crunchy foods. These foods can shift to the treated tooth and can cause it to hurt or break.

### **PLEASE CONTINUE TO BRUSH AND FLOSS.**

Do not scrub on the chewing part of the tooth as the temporary filling is soft and will wear down to the point that you believe that you lost your filling.

### **PLEASE MAKE AN APPOINTMENT WITH YOUR GENERAL DENTIST FOR A PERMANENT RESTORATION (FILLING OR CROWN).**

Right now your tooth has a temporary filling. You will want to give the treated tooth some time to "calm down". It is very important to see your general dentist within 1-2 weeks for a permanent filling or crown. Failure to have this tooth restored within a short time following the root canal treatment may result in breakage of the tooth and/or re-infection followed by swelling and pain.

### **PLEASE APPLY AN ICE PACK TO THE OUTSIDE OF YOUR FACE INTERMITTENTLY IF DISCOMFORT OR SWELLING SHOULD OCCUR.**

Sitting up helps relieve pressure/discomfort more than lying down. Throbbing or aching in the tooth is a normal occurrence after treatment. This discomfort may last for several days.

### **PLEASE TAKE ADVIL, MOTRIN, TYLENOL OR IBUPROPHEN FOR DISCOMFORT EVERY 4-6 HRS AS NEEDED.**

Most over-the-counter tablets are 200mg each. Tylenol may be taken with Motrin, Advil or Ibuprophen; the combination of any two will increase the effectiveness of each one alone. Do not exceed 1,600mg of Motrin or 2,000mg of Tylenol in 24 hours.

### **THANK YOU FOR CHOOSING OUR OFFICE FOR YOUR DENTAL WORK.**

It was our pleasure to serve you. If you, or someone you know, is in need of Root Canal treatment, please do not hesitate to recommend us. Follow/Visit us on Facebook, Google+, Yelp, Twitter and our website ([www.drchoby.com](http://www.drchoby.com)). Thank you!