

# *Laser Endodontics*

AT TYSONS CORNER

Leading-edge root canal care for optimal comfort & results.

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## *WHILE YOU'RE WAITING TO COMPLETE ROOT CANAL TREATMENT*

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

This tooth is fragile, biting or chewing may cause the tooth to break. Not all broken teeth can be repaired. To prevent this, please follow some of the following suggestions:

- No hard or crunchy foods.
- No sticky or chewy foods.
- Cutting food into smaller pieces helps a lot.
- Eat soft food such as fish, cooked vegetables, mashed potatoes, soups and etc.

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

Avoid scrubbing on the chewing surface of the tooth.

### **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 and is expected for a few 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. If discomfort is too much, please call our office so we could relieve some pain immediately.

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

It was our pleasure to serve you. We look forward to your next appointment with us. Please remember to follow the instructions above so your treatment is a success. Thank you!