

Post-Operative Instructions

Congratulations, you made it through the endodontic treatment! We hope you had a pleasant experience, considering the circumstances- that truly is our goal.

Please now take time to read these instructions:

- **If our Specialist has advised that your tooth requires a crown, please contact your general dentist as soon as possible after you receive the final report.**

If this is not done the tooth is likely to fracture, which will result in loss of your tooth.

We cannot be held responsible if you fail to see your dentist, and for any costs that are incurred for remedial care.

- **Please avoid biting on anything too hard or crunchy after the treatment as you may crack the tooth or temporary filling.**

If a temporary filling falls out, you should see your general dentist as soon as possible.

- **It is normal for the tooth to be uncomfortable for around 1 week after the treatment.** Please take care on biting until it settles.

For the pain, we recommend that you take:

- **400 – 600 mg Ibuprofen** every 6 hours for the next few days
- OR, **1000mg Paracetamol** every 6–8 hours for the next few days (if you cannot take Ibuprofen e.g. asthmatic, gastric conditions, etc.)

You can supplement the Ibuprofen with Paracetamol if extra pain relief is required.

Please be aware that about 5% of cases can cause severe pain and swelling, particularly if teeth were badly infected or were previously root-filled.

If you have any concerns, please contact our office and we will be happy to assist you.

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