



Your endodontic treatment has been started; however, it is not complete and we want to inform you of some important aspects about your care.

Please try to avoid eating or drinking on the affected side until after the numbness has worn off. This will prevent possible injury to the area. The numbness normally wears off within 1-2 hours.

A temporary filling, typically pink or white, was placed in your tooth to seal the tooth between today and your next visit. Occasionally this filling will "sink" giving the sensation that the filling has fallen out. This is normal.

Discomfort in the area for a day or two is common; however, pain may linger for a period of a few weeks. The gums may be sore, and the tooth may be tender when biting or chewing. Avoid chewing on the affected side until all tenderness is gone. It is also not uncommon to have radiating pain to other areas of the head/neck.

Swelling is also possible in some cases. Minor swelling is not a cause for concern nor is any drainage from a previously existing swelling/gum pimple/boil. If you notice any new swelling or swelling that is rapidly expanding, please contact the office at 330-9016. If you are having breathing or swallowing difficulties due to swelling around a lower tooth, you need to visit the emergency room immediately as this is not something that can be handled in a dental office setting.

If your medical history will allow, Ibuprofen, (e.g., Advil, Motrin, Nuprin or generic ibuprofen) and Tylenol (acetaminophen, APAP, paracetamol) should relieve most of the discomfort. Follow the directions given by Dr. Tran or Shell for the next two-three days unless directed otherwise. Ibuprofen and Tylenol can be taken simultaneously without risk unless your medical history prevents their use. A regimen of 400mg ibuprofen and 325mg of acetaminophen (Tylenol) taken every 6 hours is effective for most post-operative pain. It is safe to continue the 400mg IBU/325mg APAP for 3 days and then as needed after that. If the pain is more severe, you can take a combination of 600mg IBU/500mg APAP every 6 hours instead.

Occasionally we will give an additional pain medication to take on top of the ibuprofen/Tylenol combination if we think it will be necessary. Please take as directed by Dr. Tran or Dr. Shell. Please be cautious in adding additional pain medication on your own in case it has Tylenol/APAP/Acetaminophen in it as you run the risk of taking too much Tylenol in one day. Please call or text if you have any questions.

Occasionally we will also prescribe an antibiotic. Please take as directed and cease taking 2-3 days after symptoms resolve. In the unlikely event that swelling, fever or severe pain should occur, please call the office or appropriate doctor promptly.

If you have any questions or should difficulties arise as a consequence of your endodontic treatment, please do not hesitate to call our office at (512) 330-9016. If you have an emergency after hours and you are a patient of record, Dr. Shell can be reached at (512) 791-5874 and Dr. Tran can be reached at (512) 799-4179. Please leave a detailed message and we will return your call promptly.

THANK YOU FOR THE OPPORTUNITY TO BE OF SERVICE.