

1. Pain Management:

- It is normal to experience some discomfort or mild pain after the procedure. Over-the-counter pain relievers such as ibuprofen or acetaminophen can help manage pain. Follow the recommended dosage instructions on the medication packaging.
- If your dentist prescribed pain medications, take them as directed.

2. Eating and Drinking:

- Avoid eating or drinking until the numbness from the anesthesia has completely worn off to prevent accidentally biting your lips, cheeks, or tongue.
- During the initial days after treatment, opt for soft foods and avoid chewing on the treated tooth to prevent further irritation.

3. Oral Hygiene:

- Continue your regular oral hygiene routine, but be gentle around the treated area.
- Brush your teeth gently, avoiding the treated tooth for the first few days.
- Rinse your mouth with warm saltwater several times a day to help reduce inflammation and promote healing.

4. Medications:

- Take any prescribed antibiotics or medications as instructed by your dentist.
- Finish the entire course of antibiotics, even if you start feeling better before the medication is finished.

5. Swelling and Discomfort:

- Swelling or discomfort may occur after the procedure. Applying an ice pack to the outside of your face for 20 minutes on and 20 minutes off can help reduce swelling.
- If swelling persists or worsens after a few days, contact your dentist.

6. Follow-Up Appointments:

- Attend all follow-up appointments as scheduled with your dentist. These appointments are crucial to monitor your healing progress and ensure the treatment is successful.



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7. Avoid Certain Activities:

- Avoid strenuous physical activities for a few days after the procedure to prevent complications.
- Refrain from smoking, as it can slow down the healing process and may negatively impact the treatment's success.

Patient Expectations Following Treatment:

- It's normal to experience some discomfort and mild pain for a few days after the procedure. However, this should gradually improve.
- Pain or discomfort that worsens over time or persists beyond a few days should be reported to your dentist promptly.
- You may experience some minor swelling and bruising, which should also subside with time.
- The treated tooth may be sensitive to pressure and temperature changes for a period, but this should improve over time.
- In most cases, the endodontic treatment should save your tooth and relieve any prior pain or discomfort.

Remember that every patient's situation is unique, and these instructions may need to be adapted to your specific case. If you have any questions or concerns regarding your endodontic treatment or aftercare, do not hesitate to contact ICS Dental Studio for clarification and guidance. Your dentist is your best resource for personalized care and advice.