

Dr. Catherine A. Hebert (home)- (985) 845-2342

Important Information Regarding Your Endodontic Treatment

Please review this page to help you better understand what to expect following your treatment.

Numbness

In order to maintain optimum comfort, we use **long-lasting anesthetics**. Your numbness may last for several hours (in some cases, up to 12 hours or more) after the procedure is complete. To avoid injury to your lips, tongue or cheek, please wait until your numbness is gone before attempting to eat food that requires chewing. Soups and smoothies are fine! Please avoid extreme temperatures.

Inflammation

During the next several days, it is normal to develop or have increasing soreness in the treatment area. Typically, this soreness may last a few days. However, in some cases, gradual improvement occurs over the course of several weeks and it may take up to 6 months for inflammation to fully subside. An over-the-counter anti-inflammatory, such as ibuprofen (Advil), is usually sufficient to maintain comfort and promote healing. Tylenol has limited anti-inflammatory action and may not be as effective as ibuprofen. We offer **complimentary pill packs** with over the counter medication that you may take every 6 hours. To accelerate healing, please take the entire packet every 6 hours and avoid chewing on that side for at least one week.

FAQ's

Can I brush and floss like normal? Yes. There is no reason to interrupt your normal oral hygiene routine unless you have been otherwise instructed.

When can I return to work/school? Most patients find that they feel fine to return to work/school immediately following their treatment.

Please call us (985) 626-0111:

- If you experience fever
- If you may be having a reaction to medication
- If you have been taking an antibiotic for 2 days and your symptoms are not improving
- In the event of rapid severe swelling
- If you have any questions or concerns

**Our office hours are Monday – Friday 8:30 am – 5:00 pm.
For urgent after hours concerns, please call Dr. Hebert at home.**

Antibiotics:

___ Please complete the antibiotic you are currently taking.

___ Please fill and take your antibiotic immediately, according to label directions. **It is important that you complete the entire prescription.**

___ Do not fill the antibiotic prescription unless you have swelling, pressure or severe discomfort. Most antibiotics take 24-48 hours to begin to work. If you begin taking antibiotics, **it is important that you complete the entire prescription.**

**Please note that oral antibiotics may render oral contraceptives non-effective.*

Pain Medication: Pain medication only masks pain. Anti-inflammatory medication is therapeutic.

If we have provided you with over-the-counter medication packets, please take the entire packet every 6 hours, as directed on the package.

If over-the-counter pain relief medication is not effective, please fill your pain medication prescription and take according to label directions. If your prescription pain medication is not effectively controlling your discomfort, please contact us.

If any medication causes nausea, itching or breathing problems, discontinue medications prescribed by us immediately and contact us.

Completion of Your Treatment –

___ **Your tooth has been closed with a temporary filling/restoration.** To avoid tooth fracture or bacterial contamination of your root canal filling, we recommend a permanent restoration with your dentist within 30 days.

Your appointment with Dr. _____ on _____ / ___ / ___ at _____.

___ You will contact Dr. _____ for an appointment.

___ **Your tooth has been closed with a permanent filling/restoration.** To avoid tooth fracture, please return to your restorative/general dentist and follow his/her instructions for your optimal care.

___ **Your tooth has been closed with a permanent filling/restoration.** There is no need to return to your general/restorative dentist at this time. Please return to your restorative/general dentist and follow his/her instructions for your optimal care.

A report, detailing your treatment and information related to your care, will be sent to your restorative dentist. After your treatment is complete, any follow up visit with our practice to assess your healing is complimentary for 12 months.

Your Total Well Being is Our Primary Concern