



Post Op Instructions: Complex Restorative Treatment

- Today we removed decay from your tooth which extended close to the tooth's nerve. This process may aggravate or irritate your nerve. We recommend the following steps to control the inflammation:
 - Take an anti-inflammatory such as ibuprofen, Advil, Motrin, or Aleve. Please take 400mg with every meal for the next 5 days. This constant dosage will slowly affect the nerve and calm the nerve down.
 - Do NOT take this medication if you have medical history of stomach ulcers, if you are pregnant, or if your medical history does not permit you to take anti-inflammatories.
 - Avoid foods and liquids that are too hot or too cold for 5 days.
 - Avoid eating hard foods such as pretzels or peanut brittle for 5 days.
- If you follow the above steps and you experience extreme pain to hot or cold drinks or foods, please call our office immediately. Lingering pain lasting over 1 minute after hot/cold foods may indicate a root canal on the tooth.
- We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal (gum disease) problem in the past, you should see us a minimum of four times a year.
- Proper care includes BRUSHING and FLOSSING a minimum of twice daily. Proper maintenance will not only prolong the life of the restoration but will also help to prevent problems elsewhere in your mouth.