

AFTER ROOT CANAL TREATMENT

□ IT IS NORMAL FOR THE AREA TREATED TO BE SORE AND TENDER FOR SEVERAL DAYS.

□ BE EXTREMELY CAREFUL CHEWING. YOU WILL BE NUMB FOR SEVERAL HOURS.

TO HELP YOU HEAL MORE QUICKLY, PLEASE FOLLOW THESE INSTRUCTIONS:

□ CHEW AWAY AND LIGHTLY FROM THE AREA TREATED FOR SEVERAL DAYS.

□ TAKE ALL ANTIBIOTICS AS PRESCRIBED BY DR. MIHLE.

- TO OFFSET UPSET STOMACH, USE ACIDOPHILUS (OTC) PILLS FROM THE PHARMACY, OR YOGURT.
- START YOUR SECOND ROUND OF ANTIBIOTICS 2 (TWO) DAYS BEFORE YOUR RETURN VISIT/APPOINTMENT.

□ TAKE OTC MEDICATIONS FOR DISCOMFORT:

- 2 x 200mg MOTRIN
 - 2 x 200mg ADVIL
 - EXTRA STRENGTH TYLENOL
 - ALEVE
- } 3 TIMES A DAY

□ TAKE STRONGER PAIN MEDICATION PRESCRIBED BY DR. MIHLE ONLY IF NECESSARY.

★ HOT SALT WATER SOAKINGS:

~ TAKE A SMALL GLASS OF WATER, AND MICROWAVE 10-15 SECONDS TILL HOT (NOT SCALDING). ADD A DASH OR TWO OF SALT. TAKE A SIP, AND TILT YOUR HEAD TO THE SIDE OF THE AFFECTED AREA. HOLD FOR 10 SECONDS.

REPEAT 6 TIMES A DAY FOR 5 DAYS.

□ IF SWELLING OCCURS, PLEASE CALL 910-343-3333 or 877-671-6700.

*Thank you for this opportunity to care for you.
Dr. Timothy H. Mihle and Staff*