

Dr. E. Alan Dowling, DMD  
Periodontist

Dr. Kevin Kunz, DDS, MS  
Endodontist

Dr. Patti C. Dowling, DMD  
Endodontist



6150 Metrowest Blvd.  
Suite 301  
Orlando, FL 32835

(407) 532-9856  
[www.pinnacle-epi.com](http://www.pinnacle-epi.com)

## **Congratulations, you have just completed endodontic treatment!**

### **Here are a few home-care instructions:**

- Swelling is normal, so do not be alarmed. To minimize swelling, apply an ice bag, or a towel filled with cracked ice, over the affected area on and off every 10 minutes for today only. After 24 hours, use moist heat such as a warm washcloth over the affected area. Bruising may also occur with the swelling and may last 10-14 days.
- Eat and drink on the opposite side of the mouth for 24 hours, and stay with foods of soft consistency.
- Do not rinse or wash your mouth today. Tomorrow, rinse every 3 hours with a solution consisting of 1/2 teaspoon of salt dissolved in a glass (8 oz) of warm water.
- Keep the area clean. Brush gently and carefully in the surgical area. Brush gently downward for upper teeth and upward for lower teeth. Do not floss the affected area for 3 to 4 days. You may swab the area with a Q-tip moistened with a solution of 1/2 water and 1/2 hydrogen peroxide daily.
- If your sutures are resorbable, they will dissolve on their own and not require removal.
- If your sutures are non-resorbable, an appointment will be scheduled for suture removal.
- Mild to moderate pain may be experienced after the anesthetic wears off.
- If you do experience discomfort, take a combination of over-the-counter Tylenol + Advil/Motrin/Ibuprofen (which is available in 200mg tablets). Take no more than 1000mg Tylenol and 600mg Motrin a maximum of 3 times per day (morning, afternoon, evening). Do not exceed this amount.  
***If you are allergic to these medications or your physician has instructed you not to take these meds, please tell us and do not take any.***
- Antibiotics are usually not required following endodontic treatment. If you are prescribed an antibiotic, take as directed. Always complete the entire prescription unless you react to the medication (diarrhea, rash, hives, etc.). If this occurs, discontinue and please call our office.
- **In case of extreme pain, uncontrolled bleeding, or any unusual problems, please call our office immediately at (407) 532-9856.**