

## ***Preparing for Your Endodontic Treatment***

This information is given to you to help you be well prepared and as comfortable and relaxed as possible for your next appointment. Your recovery will be greatly enhanced by following these recommendations:

### **Before**

- Escorts or Drivers**- Are usually optional, but you will be instructed if you will need to make arrangements for someone to drive you home.
- Diet**- There are no food or liquid restrictions before your appointment **unless nitrous oxide (dental gas) will be used during your treatment (if so, please do not eat for 6 hours prior to your appointment.)** A soft diet is recommended for the remainder of the day following the procedure, and possibly for several days after.
- Attire**- Loose, warm and comfortable clothing is recommended. For blood pressure monitoring, please wear short sleeves or removable jacket or sweater.
- Premedication**- If you are required to take antibiotics prior to all dental treatment, please do so at the appropriate time prior to your appointment.

### **During**

- Length of Appointment**- Most procedures are completed in one visit. The average visit lasts between 2-3 hours, including breaks, and we suggest you allow plenty of time in your schedule. Due to the duration of your visit, we strongly recommend you make advance arrangements for any necessary childcare.
- Your Comfort**- We make every effort to insure that you are as relaxed and comfortable as possible. Please let us know of any special requirements you may have, such as additional back support, difficulty reclining, or any other precautions that will make your time with us as pleasant as possible. Please refer to Our Complimentary Relaxation Menu on the reverse side of this page for additional comfort suggestions!

### **After**

- Returning to work/school**- Most patients find that they feel fine to return to work/school immediately following their treatment.
- Numbness**- We use long-lasting anesthetic, which may last up to 12 hours or more following treatment.
- Discomfort**- Most patient experience minimal or no post-treatment discomfort. Sometimes there is mild soreness that is easily controlled with over-the-counter medications such as Advil or Tylenol.

***Thank you for choosing us for your care.***