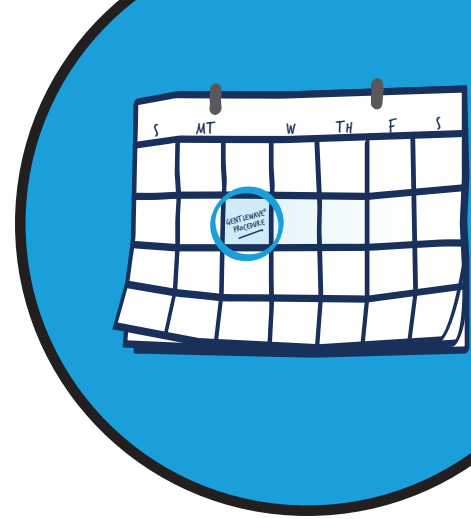


GETTING STARTED:

PLANNING FOR YOUR ROOT CANAL THERAPY



If you've scheduled root canal therapy, it's important to understand what you should do to prepare for treatment—and know what you can expect during it, as well.

PREPARING FOR YOUR ROOT CANAL THERAPY

To help reduce post-operative discomfort, your dentist or endodontist may suggest you take 600mg of Ibuprofen or 40mg of Naproxen thirty minutes prior to your root canal therapy; however, you'll want to confirm this is recommended for your specific case prior to doing so.

You can also continue to take your normal medications before and after root canal therapy.

There are no specific food restrictions leading up to root canal therapy, unless you've been told you'll need oral or IV sedation. Typically, though, you will only receive local anesthesia or nitrous oxide (laughing gas) prior to treatment. If sedation is needed, you should discuss further restrictions with your dentist or endodontist.

WHAT TO BRING FOR YOUR ROOT CANAL THERAPY

There are a few things you'll want to bring with you the day of your procedure:

- Insurance card
- Photo ID
- List of current medications

You may also want to bring headphones so you can listen to music, podcasts or an audiobook to help yourself stay relaxed during treatment.

Note: *Be sure to avoid excessive amounts of alcohol and smoking right before treatment.*

WHAT TO EXPECT FROM ROOT CANAL THERAPY

While you may be nervous for your treatment, you can relax knowing that root canal therapy is typically comparable to having a filling done by your general dentist. Treatment will usually involve 45 minutes to two hours of chair time.



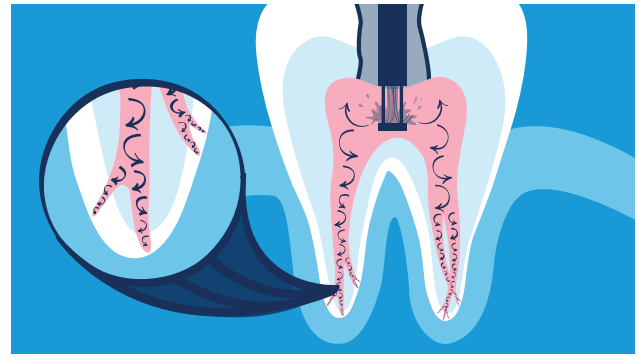
During a standard root canal treatment:

1. The dentist or endodontist will numb your tooth so that you don't feel pain throughout the treatment.
2. Once the tooth is numb, a dental dam will be placed over the tooth to keep it as clean as possible.
3. After the dam is placed, a small hole will be drilled in your tooth, and the pulp or nerve tissue will be removed—but, since the tooth is numb, you shouldn't feel any pain.
4. The tooth will then be cleaned and disinfected prior to being sealed.

If only local anesthesia was used, you'll be able to drive yourself home after the procedure.

The treated tooth can be a little sore to chewing pressure for a few days. Depending on the severity of your symptoms, you may need to take anti-inflammatory medication for a few days to help reduce discomfort.

In addition to standard root canal treatment, you also have the option of choosing the GentleWave® Procedure! This root canal therapy option cleans the deepest, most complex portions of the root canal system^{1,2} and is so effective at cleaning and disinfecting,^{1,2} there's less chance of failure over time.³



Most patients report little to no post-operative discomfort after the GentleWave Procedure—and it offers patients fast healing³ and improved outcomes.³

“I was comfortable the entire time and still feel great a week later. I am so impressed with this technology.”

-A. Denson, GentleWave® Procedure Patient

Note:

While this guide offers general treatment expectations, it's important to review your specific treatment plan with your dentist or endodontist ahead of time to ensure you fully understand what to expect.

HOW CAN YOU AVOID ADDITIONAL ROOT CANAL THERAPY?

Looking to avoid additional root canal therapies in the future? It's imperative that you prioritize your oral health!

The first step is thoroughly brushing and flossing your teeth at least twice daily to maintain optimal oral health.

You should also see your general dentist for regular checkups to help reduce the risk of additional problems later on.



*Ready to discover the
GentleWave® Procedure?*
Learn more at:
gentlewave.com



GENTLE WAVE[®]
PROCEDURE

The information in this guide has been provided by James A. Smith Jr., DMD, of Advanced Endodontics PC. This information includes general protocol and pretreatment recommendations. Patients should check with their dentist or endodontist for more specific pretreatment direction to ensure proper care.



¹ Molina B et al 2015 J Endod 41 1701-05

² Vandrangi P et al 2015 Oral Health 72-86

³ Sigurdsson A et al 2016 J Endod 42 1040-48