

Root Canal Post Operative Instructions

1. Please do not chew on the area of your root canal treatment until your treatment is completed. You may eat only after the anesthesia has worn off completely as to prevent from chewing on your lip or your tongue while the area is numb. Again, *be careful not to chew on that tooth.*
2. **As soon as possible after your appointment take some over of the counter pain medication (Advil or Tylenol) to stay one step ahead of any potential pain that you may have.** Although most patients experience some minor pain after the start of the treatment it is possible and could be normal to experience higher levels of pain. This will depend on many factors, one being the conditions of the tooth or infection prior to the start of your procedure.

Here are some recommendations on how to take the medications described above:

Advil: (same as Ibuprofen and Motrin): Take **800mg** (that would be 4 over the counter tablets) immediately after your appointment and continue to take 800mg every 6 hours as needed for pain. Children under 16 years old should take 200 mg to 400 mg every 6 hours.

IF YOU ARE ALLERGIC TO OR CANNOT TOLERATE THE ABOVE PLEASE TAKE THE FOLLOWING:

Tylenol: Take 1000mg immediately then repeat every 6 hours as needed for pain.

3. Do not be concerned if your tooth is sensitive or sore for up to one week and possibly longer after the procedure. This can be a normal response. In the unlikely event, that the pain should become severe or swelling develops, please call our office.
4. Your tooth may continue to feel slightly sensitive or slightly different from your other after your endodontic treatment is completed. This may take a few weeks to settle down.
5. You may brush your teeth as usual but try to avoid flossing around that tooth as the temporary filling may dislodge.
6. The temporary filling may sink in slightly giving the impression that it has come out. Unless this leads to the complete dislodgement of the temporary filling there is no cause for alarm.
7. As always if there are any questions or concerns please contact our office.

Please note that in most cases a two-visit root canal procedure is required. If you have been scheduled for this second visit please be aware that you will be anesthetized locally as you were in your first appointment.

ENDODONTIC AND IMPLANTOLOGY ASSOCIATES

R. Shirani DDS, FICOI
R, Chimenti DDS
K. Ghafourpour DDS, FICOI
N. Prakash DMD