



Post-Operative Instructions Following Endodontic Therapy

After endodontic therapy you can expect to experience some discomfort. Your tooth may be achy, tender, and sensitive while chewing. These symptoms typically persist for several days after treatment and can last for several weeks in certain cases. This is normal and part of the healing process. If you experience any symptoms not stated above, including swelling and/or discomfort not relieved by the medications recommended by the doctor, please contact our office immediately. Please expect the injection site, as well as the soft tissue surrounding the tooth, to also be tender.

We recommend 3 ibuprofen tablets (600mg total) every 4-6 hours for the next several days to reduce inflammation. If additional relief is necessary, we also recommend that you take 2 regular strength Tylenol tabs (650mg total), either staggered or at the same time as the ibuprofen dose. If you are unable to take either ibuprofen or Tylenol, please alert the doctor and staff at the time of treatment.

If you require the use of pain medication, please take it with a full stomach to reduce nausea.

You may alternate the application of heat (for jaw muscle tenderness) and ice (for inflammation) to the treated area and rinse with warm salt water 3-4 times a day (1tsp of salt to 8oz of warm water).

The access to the root canal space has been closed with a filling and it should last several weeks. Please note that this is a “temporary filling” and you will need to contact your general dentist for the appropriate restoration (which may include a permanent filling and/or a crown). We recommend that you contact your general dentist as soon as possible to schedule your restorative appointment.

If you have any questions or concerns, please contact our office.