

## **ADVANCED ENDODONTICS**

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iLoveMyRootCanal.com

## **POST-TREATMENT INSTRUCTIONS**

Your root canal treatment is complete. The irritated tissue and bacteria that caused you to need root canal treatment have been removed. However, it is normal to feel some temporary tenderness in the area as your body undergoes the natural healing process.

### **NORMAL SYMPTOMS MAY INCLUDE THE FOLLOWING**

- Tenderness in the jaw from keeping it open for an extended period of time. Massaging and movement can help keep the muscles from tightening.
- During the first few days of healing, try to avoid biting or chewing in the treated area.
- These symptoms are temporary (lasting on average 5-7 days) and usually respond well to over the counter pain medication such as the following:

**Ibuprofen 600mg every 5 hours or  
800 mg every 6 hours.**

Regardless of symptoms, we recommend that all patients who are medically able to, take ibuprofen, Tylenol, or Aleve for 2-3 days to help with healing and possible discomfort.

\*If you have an allergy to Ibuprofen type drugs (NSAID'S), take Acetaminophen (Tylenol) or Aspirin, as directed on the bottle.

## **OTHER MEDICATIONS**

• If you were prescribed narcotic pain medications, these should be taken in addition to, not instead of, the ibuprofen. Please be aware narcotics may cause drowsiness, and you should avoid operating machinery or driving a car.

## **PAIN OR SWELLING**

• Rarely (2-4% of the time), you could develop swelling or more severe pain, 3-5 days following treatment. This is termed a **"flare-up,"** and you should contact our office or after-hours number for treatment instructions.

## **GUIDELINES TO FOLLOW**

- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off between appointments. However, if you think the entire filling has come out please contact our office during regular business hours.
  - You must return to your dentist for a permanent restoration (filling and/or crown) and for proper follow-up.
- \*Should you neglect to return to your dentist for the permanent restoration, there is an increased risk of failure of the root canal treatment, tooth fracture, and/or premature loss of the tooth.**

## **NOTES:**

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