

ADVANCED ENDODONTICS

Scott L. Barry, D.M.D., M.S.

Donna Mattscheck, D.M.D.

Office phone: (503) 718-0095

After hour's emergency phone:

Dr. Barry (503) 941-0234

Dr. Mattscheck (612) 803-9417

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POST-TREATMENT INSTRUCTIONS KAISER

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

• Currently, you have a temporary filling in the access opening of your tooth. **Your referring dentist will receive a dictation as well as copies of xrays detailing your treatment. After they have reviewed this information, they will call you to schedule an appointment to restore your tooth permanently.** It is absolutely imperative you have it replaced with a permanent restoration. Usually, the endodontically treated tooth has been weakened by previous decay and fillings. It is often necessary for this tooth to receive additional protection in the form of a crown (onlay or cap).

NOTES:

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