

## Post-Operative Instructions

After treatment, it is normal to experience some discomfort and tenderness associated with the tooth and surrounding area. Maximum discomfort is present as soon as anesthesia wears off and can last 24 – 48 hours. In order to minimize this response we recommend taking an anti-inflammatory such as Ibuprofen prior to the anesthesia wearing off. **Take 600-800 mg Ibuprofen (3-4 over-the-counter Advil) with 500-650 mg Acetaminophen (One Extra Strength or Two Regular Strength Tylenol) as needed every 6 hours for no longer than 7 days.** If stronger pain medication has been prescribed for you, please take as directed, if necessary. Remember that narcotic medications, if prescribed, may make you drowsy, operating large machinery or operating a vehicle should be avoided.

- Exercise caution when eating until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored by your dentist.
- Be sure to brush and floss your teeth as you normally would
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact our office.
- Contact our office as soon as possible if you develop any of the following:
  - Visible swelling inside or outside of your mouth
  - An allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction)
  - A return of original symptoms
  - Your bite feels uneven

Root canal treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success. **Once your endodontic treatment has been completed, return to your dentist within three weeks to arrange for final restoration of the tooth.** If your tooth is being treated in more than one visit by an endodontist, do not return to your dentist for the final restoration until the root canal treatment has been completed. Upon completion of treatment, your dentist will be informed that treatment has been completed and a report with radiographs will be forwarded to your dentist's office. If any questions or problems arise, please do not hesitate to call our office.