



## ENDODONTIC POST-OPERATIVE INSTRUCTIONS

Most patients will experience some degree of discomfort following a root canal procedure. If discomfort is felt, it is usually mild to moderate, and very infrequently severe. Symptoms tend to last 1-2 days on average, and mostly resolve entirely by 7 days.

These temporary symptoms usually respond well to over-the-counter medication, such as Advil (ibuprofen) or Tylenol (acetaminophen). If a narcotic pain medication was prescribed, it's important to carefully follow the instructions and be aware that narcotics can make you drowsy, so you should exercise caution when taking them and driving a car or operating dangerous machinery.

- For mild discomfort: 400 mg ibuprofen every 4-6 hours
- For moderate discomfort: 400-600 mg ibuprofen along with 500-1000 mg acetaminophen every 4-6 hours.

Though you may experience a slightly different sensation from your treated tooth than your other teeth for some time, you should contact the office immediately if you experience any of the following symptoms:

- Severe pain or pressure lasting more than a few days
- Visible swelling inside or outside your mouth
- An allergic reaction to medication (rash, hives or itching)
- Your bite feels uneven
- The temporary crown or filling, if one was put in place, comes out (losing a thin layer is normal)
- Symptoms you experienced prior to treatment return

After your procedure wait until the numbness in your mouth wears off before eating so you won't bite your cheek or tongue. Don't chew or bite down on the treated tooth until it is fully restored by a dentist to avoid damaging it. Remember to brush and floss daily as you normally would to keep the area clean and avoid infection.

Once your root canal and any follow up appointments are completed, **you'll need to return to your dentist for a final restoration to fully restore the tooth.** It's important to make this appointment as soon as your root canal treatment is complete. A properly treated and restored tooth can last as long as your natural teeth.

