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Family, Cosmetic and Implant Dentistry
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Post Op: Root Canal Therapy

ACTIVITY: After leaving our office today, we suggest you consider relaxing or at least limiting your activity for an hour or two. Avoid strenuous activity and all aerobic exercise today such as running, tennis, weight lifting etc.

DISCOMFORT: It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. Your doctor will review specific instructions for you, but generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic Ibuprofen) every six hours is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen, or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours. It is a good idea to take these medicines for one to two days even if the tooth is not sore to help prevent soreness. If more severe discomfort is anticipated, we will prescribe medicines to be used as directed.

INFECTION: Sometimes, an infection is already present when we begin a root canal. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all signs and symptoms of infection are gone. If you experience signs of infection or swelling after your root canal has been started and are not on antibiotics, please call our office as we may recommend you begin antibiotic therapy.

ORAL HYGIENE: It is important to continue to brush and floss normally to keep the area clean.

EATING AND DRINKING: After each appointment when an anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid chewing until the numbness has worn off. Root canal therapy often takes more than one visit to complete, and a temporary filling will be placed to help protect the tooth. Between appointments, it is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, please call our office so it can be replaced. To protect the tooth and help keep

your temporary in place, avoid chewing sticky foods (especially gum), avoid hard foods, and if possible, chew on the opposite side of your mouth.