

# Post-Op Instructions Root Canal Treatment

Follow these instructions carefully to ensure the successful healing of your root canal treatment.



## WHEN TO CALL US

It is normal to experience some discomfort after a root canal treatment, but call us right away if you have:

- **A 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**

**EMERGENCY PHONE:**  
**(905) 464.4888**

**Do not eat anything 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.

**You may experience some discomfort on the tooth that has been treated.**

This may last anywhere between 7-10 days. Swelling in the affected area may also occur. These are not unusual post-operative events.

**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 your dentist.

## TAKING CARE OF YOUR TOOTH

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.

**If any problems or question about the above, please do not hesitate to call the office.**

Note: alcohol intake is not advised while taking any medications.

Women: if an antibiotic has been prescribed and you are taking birth control pills, alternate birth control methods must be used for at least one month.

## MEDICATIONS FOLLOWING ROOT CANAL TREATMENT

### MILD PAIN:

**Ibuprofen 200mg and 400mg tablets\*** (Pain reliever & anti-inflammatory – Advil or Motrin). Take 400mg every 4-6 hours for 48hours, and thereafter if need for pain.

### MODERATE PAIN:

**2x Ibuprofen (Advil) 200mg each and 1x Acetaminophen (Tylenol) 500mg\*** - Take together, as needed, for pain every 4-6 hours.

### SEVERE PAIN:

**Tylenol #3 or Extra Strength Tylenol\***. Take as needed if stronger discomfort medication is required. 1-2 tablets every 4 hours. Take between the times you take the Ibuprofen.

### Dexamethasone 4mg\*

This is a stronger anti-inflammatory and pain reliever than Ibuprofen. Take 1 tablet every 24 hours. If you do not want to take this, consider Ibuprofen as an alternative.

**Antibiotic prescription** – take as directed.

**\* Do not exceed dose recommendations as stated on bottle. Reference all warning labels.**