

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.**