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Root Canal Therapy Post-Operative Instructions

It is normal to experience some mild-moderate soreness after root canal treatment for several weeks. Biting, tapping or touching the tooth is not advised following your visit. Healing is different for every patient and for every tooth.

The following instructions are meant to guide you through the healing phase.

Take the following as directed: (Choose your medication)

_____ 3 Tablets (600mg) of IBUPROFEN (Advil or Motrin) every 6 hours for 2-3 days or as needed

_____ 2 Tablets (1000mg) of ACETAMINOPHEN (Extra Strength Tylenol) every 6 hours for 2-3 days or as needed

_____ 1 Tablet (220mg) of ALEVE every 8 hours for 2-3 days or as needed

- 1) **DO NOT CHEW ON THE TREATED TOOTH** until you return to your general dentist for the final restoration.
- 2) Rinse several times a day with warm salt water to relieve mild irritation of the gums around the tooth.
- 3) Brush and floss the tooth normally unless otherwise directed, and avoid using an electric tooth brush on the treated tooth.
- 4) If the tooth is very uncomfortable and the medications above are not helping, if you notice swelling which is getting worse, or have questions regarding the treatment, please call us.

* If your root canal therapy was completed at this visit you must contact your general dentist and schedule an appointment for permanent restoration.

A permanent restoration will protect the treated tooth from fracture and decay.