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ENDODONTIC ASSOCIATES

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Root Canal Treatment Postoperative Instructions

Your root canal treatment is complete. It is normal for your tooth to be sore for 2-3 days after treatment. It may actually become more sore on the second day. Tenderness to biting may persist for up to two weeks following treatment but will gradually get better over time.

Generally, ibuprofen (i.e. Advil, Motrin, or generic ibuprofen) is all that is needed for post-operative soreness. **We strongly recommend that you take 600mg (three over-the-counter 200mg tablets) of ibuprofen every six hours for two days** (unless you have an allergy or sensitivity to ibuprofen, or have been advised not to use it). At this dosage ibuprofen has excellent anti-inflammatory properties. It's a good idea to take the ibuprofen even if the tooth is not sore to help prevent soreness in the next few days.

If the ibuprofen alone does not provide adequate pain relief, you may take up to 1000mg of acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours in between your doses of ibuprofen. If more severe discomfort is anticipated we will prescribe a narcotic (i.e. hydrocodone or oxycodone) that can be used in place of the Tylenol in between doses of ibuprofen.

If an antibiotic is prescribed take all of the pills as instructed, unless you experience complications (i.e. rash, diarrhea, etc.).

Your tooth only has a temporary filling at this time. **It is critical that you make an appointment with your dentist for placement of the definitive restoration as soon as possible.** Your dentist will place a crown, onlay, or filling to seal the root canal filling and help protect the tooth from fracture. **Avoid chewing on the treated tooth until the restoration is placed.**

If you experience **swelling or pain** (which is not comfortably controlled by the medications prescribed) **or there are complications with your medicines**, please **call the office 410-647--3453** (if during regular hours).

For an after-hours emergency you may contact Dr. Mangano, Dr. Teverovsky or Dr. Moreno directly at the number you were given at the time of your treatment.

You may have the tooth examined about one year after treatment. Although root canal treatment is highly successful, about 5-15% of teeth may not heal and may have persistent x-ray evidence of disease with or without symptoms. We would be happy to schedule this complimentary follow-up now, or you may call the office approximately one year from now to schedule.