

# Root Canal Therapy Post-Operative Instructions

Refrain from eating while you are numb.

It is best to avoid chewing on the treated tooth until a permanent restoration is placed. Expect the tooth to be sore if you chew with it following your treatment.

If your tooth feels like it is "hitting high", it is most likely due to inflammation in the socket. If this occurs, we, or your general dentist, should check your bite.

You can expect some soreness for several days following root canal therapy. Over-the-counter pain medication should manage this discomfort. We recommend taking 600mg of Ibuprofen (Advil, Motrin) with 500-650mg of Acetaminophen (Tylenol) every 6 hours for 3-5 days to prevent/relieve post-operative pain. Aleve taken as per the directions on the bottle is a suitable alternative. Aspirin is generally not recommended unless directed by your physician.

Do not take NSAID's (Ibuprofen, Naproxen, Aspirin, Celebrex) if you have a history of adverse reaction or your physician has advised you not to take them.

If your pain is not controlled by over-the-counter medications, you experience visible swelling, or you are concerned about infection, please call our office.

If you were in extreme pain at the time of treatment or were seen on an emergency basis, you may have been given prescription strength pain medication. If so, the medications should be taken as directed. If you have any questions about the prescribed medication(s), please call.

Although post-operative complications are rare, they do occur. A doctor is on call in case of emergency.

Please contact your general dentist to let them know that root canal therapy is complete and to schedule an appointment for the permanent restoration.

## **FOR AFTER HOURS EMERGENCIES**

Please call 207.405.0004 option 2 to be routed to the on call doctor.