

## Post-Operative Instructions for Root Canals

- Some minor discomfort in the area is normal following the root canal. **It is normal for the tooth to be uncomfortable for 2-3 days after today's treatment.** Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for **a few weeks** post treatment. The three most common reasons for pain are:
  - Sore jaw joint from having your mouth open for a prolonged time
  - Sore muscle from the injection site
  - Sore gum from the rubber dam placement
- **WHAT DO I DO ABOUT THE PAIN???** All of the above scenarios should be handled with over the counter medication, primarily. We recommend that you take: **600 mg Ibuprofen** (3 over the counter pills of Advil or Motrin or generic equivalent) every 6 hours for the next 2 days.  
OR  
(if unable to take ibuprofen)  
**1000mg Acetaminophen** (2 extra strength Tylenol or generic equivalent) every 6-8 hours for the next 2 days.  
90% of the time this is enough to handle the discomfort. If it is not, please contact our office and we will ensure you are comfortable.
- It is not uncommon for a small portion of the temporary filling to wear down or have some small pieces chip away. If the entire filling breaks or falls out, please contact the office to have it replaced.
- If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection and swelling are gone.
- A permanent restoration, either a filling or crown must be placed as soon as possible to protect the tooth from fracture or decay. Please be sure to keep all scheduled follow-up appointments for these procedures.
- If you experience uncontrollable pain or swelling, or if your bite feels uneven, please contact the office.