

## **Aftercare Following Endodontic (Root Canal) Treatment**

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### **What To Expect ?**

#### **Numbness**

The area around your tooth will be numb for the next few hours. Be careful not to bite your cheek, lip, or tongue until the anesthetic has worn off.

#### **Temporary Filling**

A temporary filling may have been placed to close the opening in your tooth. It may feel rough or like there is a depression on your tooth. The surface of the temporary may wear away, this is normal.

#### **Pain**

It is normal to have some discomfort following endodontic treatment. Most commonly there will be tenderness to biting pressure or a general soreness in the area. It typically diminishes within 2-3 days and usually subsides by 1 week.

#### **Pain Relief**

##### **Mild pain**

Take 400-600mg of ibuprofen (Advil or Motrin) every 6 hours (not to exceed 3200mg per day).

If you are unable to take ibuprofen, take 500-1000mg of acetaminophen (1 or 2 extra strength Tylenol) every 4-6 hours (not to exceed 3000 mg per day).

##### **Moderate to Severe Pain**

Take 600mg ibuprofen and 1000mg of acetaminophen at the same time. If this doesn't give you adequate pain relief, please contact us.

### **When To Call?**

**Swelling-** If you have significant post-operative swelling please contact us. If you were prescribed an antibiotic, it is important to take them as instructed until they are gone.

**Severe Pain-** A small percentage of root canal treated teeth can go through what is called a "flare-up" where there could be significant pain and/or swelling for 2-3 days. Please call us if this occurs.

**Prolonged or Lingering Pain-** If your pain is not improving after a few days, please call us.

**Temporary Filling Loss-** If your temporary filling or crown comes off or gets dislodged, it is important to contact our office and replace it in order to protect the root canal from contamination.

**Tooth Fracture-** If you suspect your tooth has fractured please call the office.

**What To Do Now?** After root canal treatment is complete it is necessary to restore the tooth with a permanent crown, filling, or bridge. This should be done in a reasonable amount of time (no longer than 4 weeks). Until the tooth is permanently restored it is susceptible to fracture and decay which may result in the loss of your tooth. Avoid chewing on the tooth until it can be restored.

