## **Douglas Dental Care**

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Root Canal Treatment Post-Operative Instructions

Thank you for trusting us to take care of your dental needs. We would like for you to recover and heal as quickly as possible. The directions below are designed to promote proper healing. Please read and follow the directions below.

- 1. You may experience moderate discomfort and sensitivity to pressure on your tooth. Also, you may feel gum soreness for few days after your treatment. It is normal for the tooth to be uncomfortable for 2-3 days after today's treatment. The healing process may take several days, but the pain and discomfort should subside gradually.
- 2. Please take all the medication you have been prescribed as instructed. If no medication has been prescribed, we recommend:
  - a. 600 mg ibuprofen (3 over-the-counter Advil or Motrin pills) every 6 hours for 2 days

## OR if unable to take ibuprofen

- b. 1000 mg acetaminophen (2 extra strength Tylenol) every 6 8 hours for 2 days.
- 3. Usually a temporary filling has been placed on your tooth; do not bite on the tooth for one hour and/or while you are numb. Until the permanent restoration is placed, be very gentle with the tooth. Try to chew with the opposite side of your mouth.
- 4. Continue your brushing and flossing.
- 5. Follow up with the placement of your permanent restoration (filling or crown) as you have been advised within 2 weeks. Any unnecessary delay in placement of final restoration may damage the tooth permanently (tooth fracture, tooth decay, etc..). It is your responsibility to follow through on this treatment.
- 6. Call our office (770-949-1821) if you are in severe pain or experience swelling, or if you have any questions.

## NOTE:

Although 95% of root canals cause very little to no discomfort after the treatment is completed, about 5% of cases may have significant pain. These are commonly referred to as "flare-ups." They mostly occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history of prior treatment. Sometimes, however, they occur randomly, even on patients that have had several root canals done previously without any problems.

If you have a flare-up you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and general discomfort, which usually begins a few hours after treatment and may last 2 to 3 days.

Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, a steroid, and/or you may be referred to a root canal specialist's office to receive further therapy.