

ROOT CANAL AFTER CARE INSTRUCTIONS

Root canal treatment has been performed on your tooth. Because of the initial condition of your tooth, it is common for the tooth and the surrounding area to have increased tenderness for 2-3 days. To help relieve your symptoms, please follow the instructions below:

- A liquid or soft food diet is recommended for today and tomorrow.
- Start anti-inflammatory medications as directed before anesthetic wears off
 - 600-800mg (3-4 tabs) Ibuprofen/Advil every 6-8 hours
 - **-OR-**
 - 600-800mg (3-4 tabs) Ibuprofen/Advil **AND** 500-1000mg (1-2 tabs) Acetaminophen every 6-8 hours.
- DO NOT take Aspirin or other NSAIDS if taking ibuprofen/Advil
- DO NOT EXCEED 3000mg acetaminophen from all medication sources in a 24-hour period
- Take all medications with 8oz water
- **Return to see your dentist within 1-4 weeks.** Avoid chewing on tooth until a permanent restoration has been placed.
- **Expect post-operative biting tenderness and lateral pressure sensitivity for days to weeks.**
- The temporary filling material will settle in the tooth. It will feel like the temporary filling is not there.
- If medications are prescribed, please take as directed.
- Proceed with routine brushing and flossing.
- If you have ever been told by a medical doctor to not take any of the above medications, please call our office to discuss alternative options.

Please call if you have any questions!

515-393-2556

For emergencies after normal business hours, please call:

971-599-7379