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ElmDentistry.com

Root Canal Therapy Post-Operative Instructions

You are receiving these instructions because you have just had root canal therapy. Your root canal is either complete, or there is medication in your tooth that requires you to return to our office to have your root canal completed. Please follow the instructions below:

- Refrain from eating or drinking until the numbness around the tooth wears off.
- Avoid chewing or biting on the treated tooth until it has been restored by your dentist.
- Unless you have been told otherwise, continue to brush and floss your teeth as normal.

What to expect:

- Tenderness in the area of the treated tooth is normal during the next few days. These symptoms are typically temporary and should respond well to over-the-counter pain medications. If necessary, please use the following medication regimen for the next 48 hours:
 - Take 2 tablets (400mg) of Ibuprofen (Advil or Motrin) every 4-6 hours. **Not to exceed 3200mg per day**
 - OR**
 - Take 2 tablets (650mg) of Acetaminophen (Tylenol) every 6 hours. **Not to exceed 3000mg per day.**
- Should you be prescribed narcotic medications, be aware that these may make you drowsy, so please exercise caution while driving or operating heavy machinery. **Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.**

Please contact our front desk at (413) 737-6387 if you develop any of the following:

- Severe pain not managed adequately by the recommended regimen.
- An allergic reaction to any medication taken.
- Nausea from the prescribed medications.
- Swelling inside or outside of your mouth.
- A return of your original symptoms.
- A lost temporary filling.

For after-hour emergencies, you may contact the dentist on call directly at (413) 579-8358.