

Instructions Following Root Canal Treatment or Retreatment

1. Please **eat carefully** until the numbness wears off.

2. It is **normal to feel tenderness** in the treated area for the next few days. **However**, if you experience any swelling, fever, chills, or discomfort, such as a continuing dull ache, or need to use medication for discomfort for more than 48 hours after treatment, please call our office during or after the regular office hours.

If your call is not picked up, please leave a voice message, or you can send a text message to the same phone number. If the call back is not received within one hour, please call again. Before calling, please have your pharmacy information available in case the doctor needs to call in a prescription.

3. Unless contraindicated by a medical condition, Ibuprofen (Advil[®], Motrin[®]) is the drug of choice for management of discomfort after endodontic treatment. Try to adopt a regular dosing schedule. Acetaminophen (Tylenol[®]) or Aspirin (Bayer[®]) can be used instead of Ibuprofen but will not work as well. In general, **a combination of ibuprofen and acetaminophen works the best**, better than any prescribed analgesics, to manage post-operative discomfort. **Do not use any of the above medications that your physician or pharmacist has advised you not to take.** Please follow manufacturer's instructions and discontinue alcohol consumption while taking these medications.

General Guideline:

Take 400 mg (two of 200 mg capsules) of Ibuprofen every 8 hours for up to 48 hrs.

If needed, take 500 mg of Acetaminophen (Extra-strength Tylenol[®]) every 8 hours with or in-between Ibuprofen.

If you cannot take Ibuprofen and/or Tylenol, please consult with your primary physician.

If you are given a prescription for antibiotics, follow instructions on the prescription bottle.

Please note that the current maximum daily dosage is **1,200mg** (6 of 200mg capsules) for over-the-counter Ibuprofen and **3,000 mg** (6 of 500 mg capsules) for Acetaminophen.

Please be aware that some commonly prescribed pain medications (e.g. Vicodin[®], Norco[®], Oxycodone[®]) contain Acetaminophen and you should **NOT** combine them with over-the-counter Acetaminophen.

Take all above medications with food, and **IMMEDIATELY STOP USING ANY DRUG THAT CAUSES STOMACH UPSET OR ALLERGIC REACTIONS** (including hives, rash, facial swelling, asthma, or wheezing). Seek immediate medical attention if any complications arise.

4. Take all of your routine medications according to instructions.

5. Avoid chewing on the treated tooth until your restorative dentist has placed a permanent restoration. You can brush and floss as usual.

6. We will send a record of your treatment including radiographs to your general dentist. You must visit your general dentist in about two weeks to place a final restoration.

7. Any condition can change. Some diseases worsen despite proper treatment. Some problems begin with unusual or vague symptoms and may require passage of time for symptoms and findings to develop before the correct diagnosis can be made. Please call us if your condition worsens in any way.

We hope that your experience with us was seamless and comfortable. Please remember to leave us a review and feedback and help other people like you find an endodontist whose top priority is their comfort and providing the highest level of quality care.

Please do not hesitate to reach out to us with any questions or concerns. We're just a phone call away.

Thank you.