



1. Please do not chew on the area of your root canal treatment until your treatment is completed. You may eat only after the anesthesia has worn off completely as to prevent from chewing on your lip or your tongue while the area is numb.
2. You may be given pain medication and/or antibiotic prescriptions. It is very important to follow all directions for pain control or infection. As soon as possible after your appointment take some over the counter pain medication (Advil or Tylenol) to stay one step ahead of any potential pain that you may have. Although most patients experience some minor pain after the start of the treatment it is possible and could be normal to experience higher levels of pain. This will depend on many factors, one being the conditions of the tooth or infection prior to the start of your procedure.

Here are some recommendations on how to take the medications described above:

Advil: (same as Ibuprofen and Motrin): Take 800mg (that would be 4 over the counter tablets) immediately after your appointment and continue to take 800mg every 6 hours as needed for pain. Children under 16 years old should take 200 mg to 400 mg every 6 hours.

If you are allergic to or cannot tolerate the above please take the following:

Tylenol: Take 1000mg immediately then repeat every 6 hours as needed for pain.

3. Do not be concerned if your tooth is sensitive or sore for up to one week and possibly longer after the procedure. This can be a normal response. Your tooth may continue to feel slightly sensitive or slightly different from your other after your endodontic treatment is completed. This may take a few weeks to settle down.
4. Although the roots are permanently sealed, the outer surface is filled with a temporary cement, which is hard and may last for many weeks. You may brush your teeth as usual but try to avoid flossing around that tooth as the temporary filling may dislodge. Aggressive chewing on the tooth or eating sticky foods may dislodge the filling which is undesirable. Current research has shown that even newly sealed root canals will be totally contaminated with bacteria if the temporary filling is missing for over three weeks. The temporary filling may sink in slightly giving the impression that it has come out. Unless this leads to the complete dislodgement of the temporary filling there is no cause for alarm.
5. It is advisable to **see your regular dentist within a month or sooner** to restore the tooth permanently. A final restoration (crown, onlay, filling) will give the tooth its necessary protection.

CALL US IF:

1. You develop a fever.
2. You develop a swelling.
3. You notice a pimple forming on your gums.
4. Pain increases over time and or becomes severe.
5. Any concerns or questions.

If you experience any life threatening problems, call 9111 immediately for assistance.