



## Root Canal Post Op

It is normal to feel some tenderness for up to two weeks after your root canal treatment as your body heals. You may also feel some tenderness for an extended period of time from the injections and having your mouth open. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important that you take these medications as directed. Your tooth may continue to feel slightly different from your other teeth for some time after your root canal. If you have severe pain or pressure that lasts more than a few days, please contact our office. In some cases, the root canal will not resolve all of the signs and symptoms the tooth is experiencing and it may require surgical intervention or an extraction.

### Guidelines for Post-Treatment Care

- Numbness can last up to a few hours, exercise caution to avoid biting or burning yourself during this time.
- Minimize chewing or biting on the treated tooth until you have had it restored by your dentist.
- Be sure to brush and floss your teeth as you normally would.
- If personal health allows, we recommend taking 600-800mg (3-4 over the counter tablets) of Ibuprofen 3 times a day for the next 3 - 4 days to manage discomfort and in order to help reduce inflammation.
- If you cannot take NSAIDs then Tylenol is recommended.
- A temporary filling has been placed; it is not unusual for a thin layer of the temporary filling to wear off between appointments. However, if you think the entire filling has come out, contact our office.
- Contact our office right away if you develop any of the following:
  - significant swelling inside or outside of your mouth
  - an allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction)
  - Fever

**Please feel free to contact our office anytime with any questions you may have. If it is after hours, feel free to text or leave a message and a staff member will return your call as soon as possible. 469-812-7100**