

# dillinghamhanson

———— Family, Cosmetic, & Implant Dentistry

## **ENDODONTIC POST-OPERATIVE INSTRUCTIONS**

It is normal for your tooth to be sore for the first few days after root canal therapy has been completed. Initially, soft foods are recommended, as they will provide less discomfort while chewing. The soreness may continue for one week. Your tooth may feel differently the second and third weeks. By the fourth week, it should feel like your other teeth.

Any post-operative discomfort can usually be managed with acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen sodium (Aleve). These are anti-inflammatory pain medications that will reduce the inflammation in the area that was treated. Use whichever medication works best for you as directed on the bottle. Occasionally after a root canal, you may require greater pain control. In these situations it is best to alternate acetaminophen and ibuprofen every 3 hours (so that each medication is taken every 6 hours), not to exceed the daily maximum dosage (4000 mg. for acetaminophen and 3200 mg. for ibuprofen).

It is usually wise to take some pain medication before the local anesthetic has worn off completely and then take the medication “by the clock” (instead of by the presence of symptoms) for the first few days following treatment.

A very small percentage of patients experience post-operative swelling in the area that was treated and/or have more significant pain. If this happens, please contact our office immediately to speak with the doctor.

For our female patients, there may be an interaction between antibiotics and oral contraceptives. If you are presently taking antibiotics, or if our office prescribed them, please use alternative means of birth control for your entire cycle that month.

If you have any questions or concerns following your treatment, please do not hesitate to call our office at (248) 645-9797. If your call is after hours or on the weekend, you can call Dr. Dillingham directly at (248) 660-4413.