

Post-Root Canal Treatment Instructions

A few gentle reminders regarding care after your root canal treatment:

- Your tooth may ache over the next 3 to 7 days. We recommend that you take over-the-counter **Ibuprofen (Advil or Motrin) 600mg every 6 hours** for the next 3 days. If you are unable to take Ibuprofen, you may take 500-1000mg of acetaminophen/Tylenol every 6 hours instead.
- If Norco or Percocet has been prescribed, take one tablet every 4 hours or two tablets every 6 hours. You should NOT drive while taking this medication. Also, do not take acetaminophen/Tylenol when taking this medication as it is already in the medication.
- You may have been placed on an antibiotic after treatment or instructed to continue with the antibiotics prescribed by your general dentist. Please take these medications as prescribed.
- The tooth will be sore to biting and touch for the next 3 to 7 days. This tenderness is normal and will gradually resolve over time but may take a few weeks to go away.
- The gum tissue around your tooth may be sore after the procedure. This soreness will go away within 2 to 3 days. Warm saltwater rinses (1 teaspoon of salt in 1 cup of warm water) may help with the discomfort.
- Please avoid eating any sticky or hard foods until your endodontic treatment is complete and you have seen your general dentist for final the restoration of your tooth.
- **We recommend you see your regular dentist within the next 4-6 weeks** to have a permanent restoration placed in order to secure the overall integrity of the tooth. After 4-6 weeks, the temporary filling placed in our office will begin to break down and lose its seal. If the tooth is not permanently restored within 4-6 weeks, the temporary root canal filling may become contaminated and may necessitate the retreatment of your tooth.
- Feel free to contact our office anytime if you have any questions or concerns. Please notify us immediately, if any of the following occurs:
 - Swelling around the tooth or face
 - Pain unrelieved by the pain medication prescribed
 - Any allergic reaction to the medications

If you have any questions or concerns, please do not hesitate to call us.

We have enjoyed taking care of you and thank you for allowing us to be a part of your dental care team. If you have an emergency after hours Dr. McNamara may be reached at (206) 799-6168 and Dr. Baiz may be reached at (206) 853-6671.