



Post-op Instructions Following Root Canal Treatment

What to expect:

Your tooth has been thoroughly cleaned and the bacteria that were causing pain have been removed.

For the next 48 hours it is NORMAL to feel discomfort in the area, as your body naturally creates inflammation while healing itself. Soreness may last for up to one week or more. You may also feel some tenderness in your jaw from being open for an extended period of time. The anti-inflammatory medication that has been recommended (Ibuprofen) will help with most of these symptoms. In addition, please refer to the following instructions:

1. Take **400mg Ibuprofen (2 BROWN over-the-counter tabs) AND 500mg acetaminophen (1 WHITE extra-strength tab) every 6 hours, for the next 24 hours** even if you do not feel any discomfort. Staying on a consistent dosage of medication will minimize routine post-operative symptoms. The total amount of Ibuprofen taken should **not** exceed 3200mg in 24 hours.
2. If Ibuprofen cannot be taken, take 500mg acetaminophen (Tylenol) (one extra-strength over-the-counter tab) every 4-6 hours for the next 24 hours. The total amount of acetaminophen taken should **not** exceed 3000mg in 24 hours.
3. If Norco/Percocet has been prescribed, take one tablet every 4 hours or two tablets every 6 hours in addition to 400mg ibuprofen every 6 hours. You should **NOT** drive while taking this medication. Also, do not take acetaminophen when taking Norco/Percocet, as it is already in the medication.
4. Take your other daily medications as prescribed. If taking antibiotics, be sure to finish the entire course of medication.
5. Please avoid eating until the numbness in your mouth wears off to prevent biting your cheek or tongue. **Avoid sticky or hard foods** to prevent damage to your tooth.
6. **Contact your dentist as soon as possible in order to finish restoring your tooth.** A proper crown restoration is extremely important in ensuring long-term success. We recommend you set up an appointment with your dentist within the next 4 weeks as temporary restorations may leak over time.
7. Contact us with questions or in case of an emergency during normal business hours at **(425) 898-4604**. After hours for a dental emergency Dr. McNamara may be reached at **(206) 799-6168**.

Thank you for your visit, and we wish you continued health.