



Post Endodontic (Root Canal) Therapy Instructions

1. Your tooth and surrounding gum tissues may be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. The tooth may be sensitive to biting pressure as well. *This is a normal component of the healing process and will become progressively more comfortable within a few days.*
2. You may feel a rough area on the top or back of the tooth, where the access was made and sealed with a temporary filling. The temporary filling seals and protects the root canal treatment from becoming contaminated and re-infected between appointments; please notify our office if any filling material becomes dislodged. Please be sure to schedule an appointment for a permanent restoration to protect your tooth from fracture and/or decay.
3. Your dentist may have recommended protecting your tooth/teeth which received root canal therapy (RCT) with a crown(s). It is important to have this procedure done as soon as possible to help prevent fracture of the tooth which could necessitate its removal. Most, but not all, root canal treated teeth require crowns. Ask your dentist if you are unsure.
4. ***We recommend that you take an analgesic medication for pain-relief within one hour*** of leaving our office to allow the medication to be effective before the local anesthesia begins to subside. It is much easier to stay ahead of pain rather than trying to stop it after you start to notice it. Generally only a single dose is required; however, some people may require pain relieving medication over the next several days:
 - For patients without allergies or contraindications to taking non-steroidal anti-inflammatory medications (NSAIDS) or aspirin:*
Take 1(one) 220mg Naproxen (Aleve) every 12(twelve) hours. For additional relief, take 1(one) 500mg Acetaminophen (Tylenol) 4(four) times per day (with meals and at bedtime for a total of 2000mg per day). Do this for at least 3(three) days and for up to 1(one) week (but no longer than 1(one) week!). These medications work synergistically and research has proven this combination is as effective, if not more effective, than narcotics in managing dental pain. Inflammation (swelling) is the main cause of discomfort after dental procedures. Preventing inflammation before it begins will maximize your comfort.
 - For patients unable to take non-steroidal anti-inflammatory medications or aspirin but are able to take acetaminophen (Tylenol):*
Take 1(one) 500mg Acetaminophen (Tylenol) every 4(four) hours (not to exceed 3000mg/day)
 - If you received a 4mg tablet of dexamethasone, please take in the morning as directed to minimize pain and swelling
 - Your doctor may prescribe a prescription pain reliever and/or antibiotic for your use and will advise you on the appropriate use of these medications. If you receive a prescription, use your prescribed medication as directed and do not use the protocols above.

If discomfort persists beyond 1(one) week call our office at 785-539-2314