

Aftercare Following Root Canal Treatment

What To Do

- **See Your Dentist**

After root canal treatment is complete, it is necessary to have your dentist permanently restore the tooth. This should be done as soon as possible (no longer than four weeks). Until this is completed, your tooth may be more susceptible to fracture and decay which could result in tooth loss.

- **Avoid Chewing on the Tooth**

If the tooth received a temporary filling, avoid chewing on it until your dentist restores the tooth with a crown or a permanent filling.

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When To Contact Us Immediately

- Swelling or Severe Pain – A small percentage of root canal treated teeth can go through what is called a “flare-up” where there could be significant pain and/or swelling for 2-3 days. If you were prescribed an antibiotic, it is important to take the entire course, until they are gone.
- Temporary Filling Loss – If your temporary filling or crown comes off or gets dislodged, it is important to schedule a visit to replace it in order to protect the root canal from contamination.

What To Expect

- Numbness - The area around your tooth will be numb for the next two to five hours. Be careful not to bite your cheek or lip until the anesthetic has worn off.
- Post-operative Pain - As with any dental procedure, it is normal to have discomfort following endodontic treatment. Most commonly there will be tenderness to biting pressure or a general soreness in the area. Pain following endodontic treatment typically diminishes within **2-3 days** and usually subsides by one week.
- Pain Relief – Every 6 hours, take **600mg of ibuprofen** (3 Advil®, Motrin®) (not to exceed 3200mg per day) **AND 500mg of acetaminophen** (1 Extra Strength Tylenol®) (not to exceed 3000mg per day).
- If you are unable to take ibuprofen, take **500-1000mg of acetaminophen*** (1 or 2 Extra Strength Tylenol®) every six hours (not to exceed 3000mg per day).
- *Note that when taking acetaminophen (Tylenol®, Excedrin®, or other acetaminophen-containing medications (Lortab®, Vicodin®, Norco®)), **alcohol consumption is not recommended.***