



## **Post Operative Instructions** *Non-surgical Root Canal Therapy*

**You are receiving these instructions because you have just had root canal therapy. Your root canal is either complete, or there is medication in your tooth that requires you to return to the clinic to have your root canal completed. Please follow the instructions below:**

- Refrain from eating or drinking until the numbness in your mouth wears off.
- Avoid chewing or biting on the treated tooth until it has been restored by your dentist.
- Continue to brush and floss your teeth as normal.

### **What to expect:**

- Tenderness in the area around the treated tooth is normal during the next few days. These symptoms are typically temporary and should respond well to over-the-counter pain medications. If necessary, please use the following medication regimen for the next 48 hours.
    - Take 3 tablets (600 mg total) of Ibuprofen every 6 hours. **Not to exceed 3200mg a day.**
- AND/OR**
- Take 2 tabs (650 mg total) of regular strength Acetaminophen every 6 hours. **Not to exceed 3000mg a day.**
  - Should you be prescribed narcotic medications, be aware that these may make you drowsy so please exercise caution while driving or operating heavy machinery. **Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.**

### **Contact us immediately at (201) 354-6201 if you develop any of the following:**

- Severe pain not managed adequately by the regimen recommended.
- An allergic reaction to any medication taken, including rash, itching, and hives.
- Nausea from the prescribed medications.
- Swelling inside or outside of your mouth.
- A return of your original symptoms.
- A lost temporary filling.
- For after-hours *emergencies*, please visit your local emergency room.

**A permanent restoration of the root canal treated tooth is critical.  
Please contact your dentist immediately to arrange an appointment!**