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Endodontic Excellence through Technological Advances and Personalized Care

Home Care Instructions After Root Canal Treatment

- Do not eat or drink for the first 30 minutes following your appointment.
- After 30 minutes, please take 2 Ibuprofen tablets (that we provided) AND 1 Acetaminophen tablet (a total of 3 tablets). Then, after 6 hours, please take the same 3-tablet dose again. After that, you are welcome to take the left over tablets (when needed) as indicated.
- After the numbness has worn off, you may eat and drink as you see fit. However, please favor the opposite side when chewing until you have the final restoration completed by your dentist.
- Once your root canal is complete, it is *very* important to contact your dentist within the next 1-3 days to schedule an appointment for the final restoration. The final restoration will protect your root canaled tooth from decay and fracture.
- We typically advise patients to wait 1 week before having the final restoration completed to make sure everything has healed properly with your tooth.
- You may continue your regular brushing and flossing unless instructed otherwise.
- Your tooth and surrounding gums may be tender or painful for 5-7 days as a result of endodontic treatment. The tenderness you may feel is usually stemmed from inflammation. Again, this is normal and is no cause for alarm.
- In general, tooth discomfort may be alleviated by taking:
 - Ibuprofen (Motrin or Advil)
 - Aspirin, **OR**
 - Acetaminophen (Tylenol)All as directed; these should be taken with food.
NOTE: Alcohol intake is not advised while taking any of these medications.
- Should you experience discomfort that cannot be controlled with the above listed medications, or should swelling develop, please contact our office. If you need to call after hours, please have your pharmacy number available.
- A full report with your pre and post-operative x-rays will be sent to your dentist. If you have any questions, do not hesitate to call our office. We are honored to have called you a patient!