

## Instruction After Root Canal Therapy

You have just had your root canal therapy done. Let me explain what happens after the treatment.

- First of all, your mouth will be **numb** for couple of hours. You can expect the tingling and numbness to last another 3-6 hours. During that time it would be good (but it is not necessary) to avoid eating/chewing. Because you are numb, you may not feel that you bit your tongue or lip which may be more serious than your Root Canal. You need to take your first dose of your pain medication this time.
- It is very normal to feel **discomfort for 5-10 days** after the treatment even if you didn't have any pain before. This is an unfortunate side effect of any root canal treatment. You may even experience a little swelling. As long as the swelling is small and you can control it with Ibuprofen, it will disappear within a couple of days.
- If I didn't prescribe you any **pain medication** and you are not allergic to Ibuprofen (Motrin, Advil), it is generally recommended to take 600 mg of ibuprofen every 6 hours. That means you need to take 3 tablets of Motrin or Advil every 6 hours (over-the-counter usual dose is 200 mg in one tablet and  $3 \times 200 = 600$  mg). By increasing the dose to 4 tablets you don't get greater effect, neither you would if you took it every 4 hours. The basic formula is 600 mg every 6 hours. You may feel, that during the 5<sup>th</sup> hour you start feeling it again. In that case, take Extra Strength Tylenol, but continue Motrin every 6 hours. For the first couple of days after the root canal, you can take every 3 hours different drug. For example Tylenol at 6.am, Motrin 9 am, Tylenol 12 pm, Motrin 3 pm., Tylenol 6pm etc. If you have any question please don't hesitate to call us. But be sure to visit our web-site first for common questions and answers after extraction.
- Your tooth now has a temporary filling on it. It is extremely important to finish the treatment by putting a cap (a crown) on the tooth within a couple of days. Usually after the tooth stop hurting from the treatment. Crack of the tooth or decay is the number one reason for Root Canal failure. Longer you wait, greater the chances for failure.
- If you have any question please consult our web-site first *Information for patients Q&A after Root Canal Therapy*
- If you believe, that you need more information and you need to speak to me, please call the office, and I will get back to you as soon as I can. You can also speak to me by calling my personal cell phone 750-0132.

If you have any suggestion how to make your experience better please let me know.