



MACEDON
FAMILY DENTISTRY

Generations of healthy smiles

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ROOT CANAL TREATMENT After Treatment Instructions

Saving your tooth was a wise decision that you will benefit from every day. If you have any questions after reviewing the following, please call our office at (315) 986-3545. Your root canal treatment may take one or more visits to complete. During treatment, we remove the diseased nerve, then clean, shape and fill the root canal to prevent recontamination.

What to Expect after Treatment

- Because cleaning the root canals may cause inflammation of tissue surrounding the tooth, your tooth may be uncomfortable for a few days and tender to chewing pressure up to a week or more after treatment. **This is normal.**
- Over-the-counter pain relievers usually alleviate the discomfort. If you can take them, non-steroidal anti-inflammatory drugs (NSAID) are highly recommended. Examples of an NSAID are ibuprofen (generic), Advil or Motrin. If an NSAID cannot be taken, then take acetaminophen. For example:
 - IBUPROFEN: (Advil, Motrin) 200mg tablets
 - Take 3-4 tablets (600 to 800 mg) every 6 - 8 hours
 - Take initial dose before local anesthetic wears off.
 - Do not exceed 3200 mg per day.
 - Take with or after food (will help avoid the nausea they sometimes cause).
 - ACETAMINOPHEN: (Tylenol)
 - Take 650 - 1000 mg every 6 hours not to exceed 3,000mg per day.
 - Can be taken alone or as an alternating dose with an NSAID. For example: Take initial dose of NSAID, then 3 hours later take acetaminophen, then 3 hours later take another dose of the NSAID, etc.
- If the discomfort continues, or if you have severe pain or swelling, please call the office. Sometimes antibiotics are prescribed to help control infection. Please take all medication as directed.
- Extended periods of having your mouth open may lead to sore temporal mandibular (jaw) joints, ear pain, and/or facial muscle aches. Anti-inflammatory drugs and moist heat to the affected area will usually quickly resolve these problems.
- Between appointments, a temporary filling is placed. Because temporary fillings will eventually loosen, the final restoration should be done as soon as possible after the root canal treatment is completed. Avoid chewing or biting directly on the treated tooth until the temporary filling is replaced.

After Your Root Canal is Completed

- Once the root canal is completed, a post and then a crown is almost always needed to avoid a fracture of the tooth.