



Post-op Instructions Following Root Canal Treatment

What to expect:

Your tooth has been thoroughly cleaned and most of the bacteria that were causing pain have been removed. For the next 48 hours it is NORMAL to feel discomfort in the area, as your body naturally creates inflammation in healing itself. Some soreness may last for up to one week or more. You may also feel some tenderness in your jaw from being open for an extended period of time. The anti-inflammatory medication that has been recommended (ibuprofen) will help with most of these symptoms. In addition, please refer to the following instructions:

1. Take 600mg ibuprofen (three over-the-counter tabs) every 6 hours, for the next 2 days, even if you do not feel any pain. This helps the most with swelling and pain. The total amount of ibuprofen taken is not to exceed 3200mg in 24 hours.
2. If ibuprofen cannot be taken, then take 500-1000mg acetaminophen (one or two extra-strength over-the-counter tabs) every 6 hours for the next two days. The total amount of acetaminophen taken is not to exceed 4000mg in 24 hours.
you may alternate between 600mg ibuprofen. (12pm, 6pm, 12am, 6am) and 1000mg acetaminophen (3pm, 9pm, 3am, 9am) to maximize effects of both medications if needed
3. If Norco (or Percocet) has been prescribed, take one tablet every 4 hours or two tablets every 6 hours. You should NOT drive while taking this medication. Also, do not take acetaminophen when taking Norco, as it is already in the medication.
4. After 2 days, you may take ibuprofen or acetaminophen as needed.
5. Take any other medications as prescribed. If taking antibiotics, be sure to finish the entire course of medication.
6. Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
7. You may eat and drink as normal, however, be kind to the area that we worked on today (avoid hard foods until area heals and is restored to prevent crack formation).
8. Contact your dentist as soon as possible in order to finish restoring your tooth. A root canal is only step 1 in restoring your tooth to full function, and a proper crown restoration is extremely important in ensuring long-term success. Do not allow too much time to pass between your last appointment with us and your next appointment with your dentist. We recommend you set up an appointment with your dentist within the next 2-4 weeks.
9. Contact us with any questions or in case of an emergency during normal business hours at (253) 277-0898. Dr. McNamara may be reached after hours for a dental emergency at (206) 799-6168.

Thank you for your visit, and we wish you continued health.