



## Post Operative Instructions Following Root Canal Treatment

This sheet covers what to expect for the next few weeks now that the root canal is completed. Please follow the instructions outlined below, and contact us should any questions or problems arise.

1. DO NOT eat or drink for the next half hour. DO NOT try to feel around your tooth with your tongue. You have a temporary filling in the tooth and it takes about half an hour to harden.
2. **We strongly suggest a permanent filling or a crown placed on your tooth after root canal treatment.** It is important for you to follow up on this. If this is not done, the tooth is very likely to fracture or develop new decay underneath the temporary filling which may cause your root canal to fail.
3. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling/crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth.
4. It is normal for the temporary filling to “divot” in with use. It is very rare for it to fall out entirely. If the temporary falls out you should contact us.
5. *Some minor discomfort in the area is normal following the root canal. It is normal for the tooth to be uncomfortable for 3-6 days after today’s treatment.* Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for **a few weeks** post treatment. The three most common reasons for pain are:
  - a. Sore jaw joint from having your mouth open for a prolonged time.
  - b. Sore muscle from the injection site.
  - c. Mild bruising around tooth from simply working on it.
6. WHAT DO I DO ABOUT THE PAIN? All of the above scenarios should be handled with over the counter medication, primarily. We recommend you take Advil or Tylenol.

<b>400 mg Ibuprofen</b> (2 over the counter pills of Advil or Motrin or generic equivalent) <u>every 6 hours</u> for the next 2 days.	OR	<b>1000mg Acetaminophen</b> (2 extra strength Tylenol or generic equivalent) <u>every 6-8 hours</u> for the next 2 days.
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90% of the time this is enough to handle the discomfort. If it is not, then ask your dentist to prescribe Tylenol 3s.





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7. If you are given any prescription medications related to this treatment please take them as instructed by your dentist.
8. You may floss and brush your tooth as normal, unless told otherwise by your dentist.

*Dr Patrick Lok can be reached after hours on his cell **604.800.3511***

