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INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

Some discomfort may be expected for a period of a few days after treatment. In general, it will increase over the next 48 hours and then start to decrease. The degree and type of discomfort will vary; however, it usually consists of soreness to chewing food or biting.

EATING

It is recommended that you avoid eating on the affected side until it is again comfortable.

PAIN MEDICATION

Over the counter pain medications are very effective in controlling the tenderness. Advil or generic Ibuprofen gives the best results when **two to three tablets are taken every six hours**. If you are allergic to Ibuprofen or Aspirin-like drugs or if they cause stomach irritation, Extra Strength Tylenol (one tablet every six hours) will also work well. With more severe pain, the combination of 600 mg of Ibuprofen (three over the counter tablets) plus one Extra Strength Tylenol taken every six hours has been shown to be more effective than narcotic medications.

NEXT STEP

The small opening in the tooth has been sealed with a temporary filling. After the root canal procedure is completed, your dentist will replace this temporary filling with a permanent filling or crown. You are reminded to **make an appointment with your dentist as soon as possible** for proper restoration of the treated tooth. Failure to do so may compromise the success of the root canal.

PLEASE CALL OUR OFFICE IF:

- You are experiencing symptoms more intense or of longer duration than those described above
- You encounter post-operative swelling
- The temporary material is dislodged, feels loose, or feels "high" when biting
- You have any questions at all
- **After hours** Dr. Meares may be reached at **757.450.1802** and Dr. Becker at **757.524.0876**