



Rootworks San Diego
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ROOT CANAL POST-OP INSTRUCTIONS

What do I do next after today's appointment?

- ☐ We have **NOT COMPLETED** your endodontic therapy. This was the **FIRST step** of treatment. It is important to return to our office for your second appointment, otherwise you may increase the risk of permanently losing the tooth.
- ☐ We have just COMPLETED your endodontic treatment, meaning the root canal(s) have been permanently sealed. However, the outer surface of the tooth is filled with only a TEMPORARY FILLING. You will need to return to your general dentist to obtain a permanent restoration, such as a crown, to protect your tooth against fracture and decay as soon as possible within 1-2 weeks. If the tooth is not permanently restored the root canals may become re-infected and endodontic treatment would need to be redone; additionally, the tooth may fracture and must be extracted.

After endodontic treatment:

Please **do not eat for a minimum of one hour** and until all signs of numbness (lips, tongue) are gone. Your tooth and surrounding gum tissue may be quite tender for several days because of treatment procedures and/or the condition with which you came to the office. Do not be surprised if you cannot eat with the tooth for a few days and try to avoid chewing on it as to avoid dislodging the temporary filling.

Before the numbness wears off, please take 600mg of Ibuprofen (3 tablets of Advil) and 1000mg Acetaminophen (2 tablets of extra strength Tylenol). If you cannot take Ibuprofen due to an allergy, blood thinner, or gastrointestinal issue, please use only Acetaminophen as directed. Take all medication exactly as prescribed **unless it has been contraindicated by your physician or you have an allergic reaction (itching, rash, swelling, hives)**. If so, **stop** medication and notify this office and your physician.

If you have post-op discomfort:

After completion of endodontic treatment, your tooth may be sensitive up to two weeks because of treatment procedures or any remaining inflammation. If you have no pain, then you will not need to take any pain medications. If pain is mild, take 400mg Ibuprofen with 500mg Acetaminophen every 8hrs as needed. If pain is moderate, take 600mg Ibuprofen with 1000mg Acetaminophen every 8hrs as needed. If you cannot take Ibuprofen due to an allergy, blood thinner, or gastrointestinal issue, please use only Acetaminophen as directed. Do not take any of these medications if they have been contraindicated by your physician. Should pain become severe or swelling develops, or if you have questions about these medications, please call our office.

If an incision was made on the gum adjacent to your tooth, rinse the area with ½ tsp. of table salt to one 8 oz. glass of warm water. Use these rinses as frequently as possible, roughly 3-4 times a day. This will promote drainage.

If you have been given a prescription, fill only as directed by the instructions below:

- ☐ Fill the antibiotic prescription and begin immediately. It will take about **2 days** for the antibiotic to become **effective**. Antibiotics may inactivate birth control medication and other measures should be taken until the antibiotic is completed.