



Dr. Kula, Dr. Kirsh & Dr. Lo

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# POST-OP INSTRUCTIONS

## Root Canal Treatment

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### 1. DISCOMFORT

It is normal to experience some discomfort on the tooth and surrounding area. This may last anywhere from 7 to 10 days. Swelling may also occur.

### 2. MEDICATIONS

If you are able, pain can be relieved by over-the-counter medications:

- Ibuprofen (e.g. Advil®, Motrin®) 600 mg every 6 hrs; and/or
- Acetaminophen (e.g. Tylenol®) 1000 mg every 6 hrs

for the next 2 days, then as needed. If a prescription has been given, please follow the directions. Ideally, start with the first dose *before* the anesthetic has worn off.

### 3. DIET

Freezing lasts for 3 to 5 hrs; avoid eating until the numbness has disappeared. Do NOT apply any pressure on the treated tooth for the next few days. After that, you may start a soft diet (e.g. pasta, salads, chicken), working your way back to normal function.

### 4. ORAL HYGIENE

Continue to brush and floss normally.

### 5. FINAL RESTORATION

After a root canal, the tooth becomes more brittle and prone to breaking. In most cases, a crown, also called a cap, is advised. A crown covers and protects the tooth by preventing bacterial leakage and fracture. Failure to place the final restoration is the leading cause of tooth loss after root canal treatment.

If your bite feels uneven, you have persistent pain/swelling, or have any questions or concerns, please do not hesitate to contact our office or e-mail me (after-hours) with your contact information.