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Thank you for choosing Scripps Mesa Endodontics for your dental care. We are delighted that you have trusted us with your oral health care. Please feel free to contact us should you have any questions or concerns in regards to your recent visit at our office.

### Information Following Your Root Canal Therapy

#### What To Expect Following The Root Canal Therapy

- It is not uncommon for a tooth to be uncomfortable for 24-48 hours, or even exhibit a dull ache immediately after receiving a root canal therapy. The condition should subside within a few days.
- Your tooth will be sensitive to biting, touch, or light pressure. This feeling is a result of the inflammation of nerve-endings and surrounding tissue just outside the end of the treated root(s). This is normal and will become progressively more comfortable within a few days. Please avoid biting or chewing on the root canal treated tooth for the first 2-3 days to minimize trauma.
- You may feel a rough surface surrounding the root canal treated tooth, where the access was made and sealed with a temporary filling. If the filling is displaced it is important to contact our office to replace the filling to ensure the root canal therapy is protected from oral contaminations and preventing re-infection as you wait to return to your general dentist for the follow up care.
- Should you experience any severe post-treatment swelling, pain, or bruising in the area that was treated, please call our office immediately so we may address the issue in a timely manner.

#### What To Do Following The Root Canal Therapy

- We recommend that you take an analgesic medication for pain-relief within one hour of leaving our office to allow the medication to be effective before the anesthesia administered begins to subside. Generally only a single dose is required; however, some people may require pain relieving medication over the next several days.
  - **Ibuprofen (Advil, Motrin) 400-800mg every 6 hours (not to exceed 3200mg/day)** is recommended for patients able to take, non-steroidal anti-inflammatory medication, or aspirin.
  - For people unable to take ibuprofen, non-steroidal medications, or aspirin, then **Acetaminophen (Tylenol) 1000mg every 6 hours (not to exceed 4000mg/day)** is recommended.
    - The consumption of alcohol is not recommended while taking acetaminophen or medications containing acetaminophen.
  - Dr. Lam Chittaphong may prescribe a prescription pain reliever and / or antibiotic for your use and will advise you on the appropriate use of these medications.
- Minimize chewing on the affected tooth until your root canal therapy is complete and your dentist has placed a protective restoration on your tooth. This is to avoid damage to the tooth.
- If your tooth requires placement of a protective restoration we will inform you of this and recommend that you contact your dentist office to have your tooth restored within 2-4 weeks following completion of your root canal therapy.