

APEX ENDODONTIC STUDIO

Post-Operative Instructions: Root Canal Treatment

Thank you for trusting us with your care. You have received endodontic (root canal) treatment today. Please review the following instructions carefully to ensure optimal healing and treatment success.

What to Expect After Treatment:

- **Discomfort or Tenderness:** It is normal to experience some tenderness in the area for the next few days and could take a few weeks to totally resolve as your body heals
- **Swelling or Bruising:** Mild swelling or bruising may occur around the area, especially if infection was present before treatment.
- **Biting Sensitivity:** Avoid chewing or biting on the treated side until you return to your general dentist for the permanent restoration.

Instructions:

- 1. Eating:** Your temporary filling needs 1-2 hours to harden. Do not eat or drink during this period. Please eat carefully until the numbness wears off. Avoid chewing on the treated tooth until your restorative dentist has placed a permanent restoration. You need to return to your regular dentist as soon as possible so that the tooth may be restored.
- 2. Oral Hygiene:** Continue brushing and flossing as normal, being gentle around the treated area.
- 3. Medications:** Take prescribed antibiotics or pain medications as directed.
 - Take 3 tabs (600 mg) of Ibuprofen (Advil or Motrin) and 2 extra strength tab (1000mgs) of Acetaminophen (Tylenol) EVERY 6 hours for the first 3 days whether or not you experience pain.
 - If you can only take Acetaminophen (Tylenol), take 2 extra strength tabs of 500mgs (total of 1000mg) or less EVERY 6 hours for the first 3 days whether or not you experience pain. **Do Not Exceed 4000 mg in a 24-hour period.**
 - If a Narcotic was prescribed, take as directed for SEVERE pain. Do not use any of the above medications that your physician or pharmacist has advised you not to take.

Follow-Up Care is Essential:

A root canal is only one part of your treatment. It is extremely important that you **follow up with your general/restorative dentist** promptly for the completion of your treatment. This may include:

- Permanent filling, Core buildup, Crown or bridge placement

Failure to follow up for permanent restoration can result in reinfection or loss of the tooth.

Contact Us If You Experience:

- Severe or increasing pain/swelling
- Fever over 100.4°F
- Allergic reaction (rash, itching, difficulty breathing)

If you have any questions regarding these instructions, please contact our office at **407-933-0885** or **info@apexendostudio.com**