



LONE OAK DENTAL

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Instructions for After a Root Canal:

Pain Control:

Before the local anesthetic wears off, you should take pain medication to prevent the pain from worsening. The best over-the-counter pain control regimen is alternating 800 mg of ibuprofen(Advil) with 1000 mg of acetaminophen(Tylenol) every 4 hours. For instance, at noon take 800 mg of ibuprofen. Then, at 4:00 pm, take 1000 mg of acetaminophen. At 8:00 pm, take 800 mg of ibuprofen and repeat. Ibuprofen should not be taken if you are on blood thinners such as Coumadin or warfarin or if you are pregnant or have kidney problems. Acetaminophen should not be taken if you have liver problems. For children, follow dosing recommendations found on the container in which it was purchased. If a pain medication was prescribed, follow the directions on the bottle.

It is normal to feel some tenderness in the area for a few days after your root canal treatment as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications. Remember that narcotic medications, if prescribed, may make you drowsy, and caution should be exercised in operating dangerous machinery or driving a car after taking them.

Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, contact our office.

Guidelines for Post-Treatment Care

- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored by your dentist.
- Be sure to brush and floss your teeth as you normally would.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact us.
- Contact us right away if you develop any of the following:
 - a visible swelling inside or outside of your mouth;
 - an allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction);
 - a return of original symptoms

Root canal treatment is only one step in returning your tooth to full function. A proper final filling or crown of the tooth is extremely important in ensuring long-term success. Contact us as soon as possible to arrange your next appointment.

Please do not hesitate to call Dr. Jordan on his cell phone at (612) 532-2094