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### **FOLLOWING ROOT CANAL TREATMENT**

Root Canal treatment has been performed on your tooth today. Because of the original condition of the tooth and the manipulation from today's procedure, ***the tooth and the surrounding gum may be tender for a few days.*** For proper healing and relief of symptoms, please read the following instructions:

1. **PAIN MEDICATION** Start medication as directed before anesthetic wears off.
  - A. **Anti-inflammatory Pain Medication**-prevents and reduced inflammation and pain from the teeth and surrounding tissues.
    - **Ibuprofen** (example-Advil, Motrin)
      - Take 400mg every 4 hrs., 600mg every 6 hrs. or 800mg prescription every 8hrs.
      - Do not exceed 3200 mg per day OR
      - **Naproxen** (Aleve) 220 mg every 12 hours.
  - B. **Acetaminophen** (example-Tylenol) If unable to use anti-inflammatory or narcotic medicines.
    - \*Take two 325 mg or one 500mg every 6 hours
    - \* Do not exceed 3000 mg. per day
    - \* Avoid alcoholic beverages
    - \* Can be used in between doses of anti-inflammatory medication instead of narcotic
2. **ANTIBIOTICS**-If prescribed, take as directed to help eliminate infection.
3. **Do not eat and/or drink hot foods or liquids until the numbness wears off. This will prevent biting/burning of the cheek or tongue. Avoid chewing with that tooth for 24 hrs.**
4. Brush teeth as usual to keep the area clean.
5. Call your primary dentist for an appointment to proceed with the final restoration. Our staff will forward the final Endodontic report to your primary dental office.
6. If the tooth becomes very uncomfortable or swelling develops, **PLEASE CALL OUR OFFICE!**

**(703) 779-7900**

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