



Homecare Instruction Root Canal Therapy

- 1.** The treated tooth, the injection sites, as well as the soft tissues around the tooth might feel sore and tender. You might experience some discomfort to touch, biting, tapping or chewing for a few days after treatment. **It is best to avoid chewing on that side.**
- 2.** Discomfort usually subsides in a few days but could last as long as a few weeks. Improvement will be gradual. If you are experiencing any discomfort, we recommend a non-steroidal anti-inflammatory medication such as ibuprofen (Advil, Motrin) or aspirin for at least three to five days following treatment. If you cannot take any anti-inflammatory medication, then take extra-strength acetaminophen (Tylenol). If any of the recommended pain-reducers are not effective, please call our office.
- 3.** If your tooth throbs, keep your head elevated, even when lying down. Refrain from any strenuous activity.
- 4.** Take all prescribed medication as directed. **We strongly encourage the use of over-the-counter probiotics in conjunction with any prescription antibiotics.**
- 5.** Rinsing the mouth with warm salt water (one teaspoon salt to 8 oz. of warm water) three to four times a day and alternating ice packs and heat compresses may also be helpful in relieving discomfort.
- 6.** If you initially feel better, but then feel significantly worse a few days later, you may be experiencing what is known as a "flare-up." If this occurs, please contact our office for further instructions.
- 7.** Unless otherwise advised, have the tooth restored with a buildup and/or crown as soon as possible. Postponing the final restoration can compromise the treatment we performed.

If you have any questions, please do not hesitate to call our office.