

# ADVANCED ENDODONTICS OF NEW HAVEN

*Specializing in gentle care*

## Post-Root Canal Instructions for Patients

Like most dental procedures, some discomfort will be expected after the root canal treatment. Please follow the instructions below to avoid prolonged discomfort and complications.

1. Avoid eating or drinking before the local anesthesia wears off. You may bite your tongue or cheek while the tissue is still anesthetized.
2. Take 400-800mg of Ibuprofen (Advil, Motrin) every 4-6 hours or as needed for at least 48 hours after treatment.
3. An alternative to Ibuprofen would be 440mg of Naproxen (Aleve) every 8 hours or as needed for at least 48 hours post treatment.
4. If you are unable to take the Ibuprofen or Naproxen, you can take 500mg of Acetaminophen (Tylenol Extra Strength) every 4-6 hours or as needed for at least 48 hours post treatment.
5. If you were prescribed a Narcotic Analgesic (Vicodin or Percocet) by the doctor, please use as directed.
6. In some instances, prolonged analgesic use may be required for the post-op discomfort. Call the office if the recommended analgesic dosage does not alleviate the discomfort within one week.
7. If you were prescribed an Antibiotic (Amoxicillin, Clindamycin, Zpak, Flagyl) by the doctor, please use as directed.
8. If you experience any hive or skin rash with the Antibiotics, please stop the medication and call the office or your physician.
9. Call the office if an existing swelling worsens or is not alleviated by the antibiotic prescribed within two days.
10. Please avoid chewing hard foods, manipulating or tapping the tooth intentionally. The resulting trauma will prolong and exacerbate the post op discomfort.
11. In case of a high or uneven bite that causes discomfort, please contact our office for a bite adjustment.
12. There will be a temporary filling in the tooth after the root canal treatment. It is imperative to have this filling replaced with a permanent filling or crown restoration by your general dentist within a month.

An on-call doctor can be reached during after-hours by calling the office number (203) 624-5181. Please call the office during normal operation hours for any additional questions or concerns.