

# *Orton Endodontics*

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## **POST OPERATIVE INSTRUCTIONS**

### **What to expect:**

It is normal to have some discomfort following root canal treatment. Your tooth may be quite sensitive for up to 2 weeks, may feel peculiar for 3 weeks, and by 4 weeks the tooth will usually be back to normal.

### **When to return to your general dentist:**

**We recommend contacting your general dentist the day after your treatment to schedule permanent restoration of the tooth.** We will send a summary report of your treatment to your general dentist. Ideally the permanent restoration will be placed within 2-3 weeks from the time your root canal treatment was completed, unless otherwise specified by the doctor. **Failure to obtain a permanent restoration may result in contamination or fracture and possible loss of the tooth.**

### **Precautions:**

**Avoid chewing hard or sticky foods** that could dislodge the temporary filling or crack the tooth and try to chew on the opposite side of the treated tooth until the permanent restoration is placed. You may gently brush the tooth, but **do not floss** the treated tooth since this may dislodge the temporary filling.

### **For pain management:**

**We recommend taking 400-600 mg of ibuprofen (Advil, Motrin) every 6 hours as needed.** If you cannot take ibuprofen, then we recommend taking 500-1,000 mg of acetaminophen (Tylenol) every 6 hours. **If ibuprofen alone is not strong enough for the pain, then you can take 500-1,000 mg of acetaminophen (Tylenol) every 6 hours or a prescription narcotic along with the ibuprofen.** Staggering the ibuprofen and Tylenol can be very effective (take ibuprofen and then 3 hours later take Tylenol and then alternate back and forth every 3 hours). Ibuprofen and Tylenol are safe to take together and work by different mechanisms and provide greater pain relief when taken together. It is also safe to take ibuprofen with a prescription narcotic and it will provide greater pain relief than just taking the narcotic alone. **Do not mix regular acetaminophen (Tylenol) with a prescription narcotic such as Tylenol with Codeine since the narcotic has acetaminophen (Tylenol) in it.**

### **Taking antibiotics:**

It is not necessary to take the antibiotic if there is only mild to moderate pain after treatment that is controlled by ibuprofen and Tylenol and there is no swelling. If the pain is severe (beyond what ibuprofen and Tylenol can control) or there is swelling, then it is usually recommended to take the antibiotic. Once you begin the antibiotic, we recommend that you complete the full course if possible (if you are having an adverse reaction to the antibiotic such as gastrointestinal problems or a rash then you do not need to take the full course).