



**Ariana Malek, D.D.S.**

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**Post-Treatment Information:**

1. Your tooth may be uncomfortable for several days after the root canal procedure. This is normal and should gradually improve in a few days. In certain instances, the tooth may stay sensitive to biting or chewing for several weeks.
2. If you experience increasing pain, swelling, or fever, please contact our office. Additional medications such as antibiotics or steroids may be required. Refer to the **Post-Treatment Medication Information** page for guidance on managing discomfort.
3. A temporary filling has been placed unless otherwise noted. You must see your general dentist within 4 weeks for a permanent restoration. Delaying this may result in leakage or failure of the root canal.
4. It is normal for a small amount of temporary material to wear down between visits. However, if the filling appears to have come out completely, please contact our office.
5. Avoid chewing on the treated tooth until it has been permanently restored. Eat soft foods until numbness has worn off. Continue normal brushing and flossing unless instructed otherwise.
6. Please contact our office if you have any questions.

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**Post-Treatment Medication Information:**

**Mild discomfort:**

Take 400-600mg of Ibuprofen (Advil, Motrin, generic) every 4-6 hours. Do not exceed 3200mg per day.

**OR**

Take 500mg of Acetaminophen (Tylenol) every 4-6 hours. Do not exceed 4000mg per day.

*Note: Ibuprofen is preferred over Acetaminophen because most tooth discomfort is inflammatory in nature and ibuprofen is anti-inflammatory. However, certain patients are advised against taking Ibuprofen due to contraindications with health conditions and medications.*

**Moderate to Severe discomfort:**

Take 600mg of Ibuprofen and 500mg of Acetaminophen together every 4-6 hours or alternate between them. Again, Do not exceed 3200mg Ibuprofen or 4000mg Acetaminophen per day.

If prescribed a narcotic such as 5mg Oxycodone or 5-7.5mg Hydrocodone, you can alternate it with 600mg of Ibuprofen every 4-6 hours. Do not take narcotics with Acetaminophen as many narcotics are already combined with Acetaminophen.

If prescribed, consider taking the antibiotic and Medrol dose pack if discomfort is not improving.

**Swelling:** Start prescribed antibiotic and Medrol dose pack and follow instructions as prescribed

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