

## Home Care Instructions After Root Canal Treatment

1. What should I feel? It is normal for patients to experience discomfort for one to ten days following root canal treatment. The ligaments around the tooth can become inflamed as a result of treatment. Taking an anti-inflammatory, such as ibuprofen (Motrin, Advil) will help reduce the inflammation and minimize discomfort. Dr. Tibbs suggests taking up to 800 mg of ibuprofen three times a day with food. If you cannot take ibuprofen, take two Tylenol tablets every four hours. For more severe pain management you may take your narcotics prescription. Do not take the Ibuprofen or Tylenol and the narcotic at the same time.
2. If you feel tightness and pressure around the tooth you can apply an ice pack to your face to help relieve the discomfort. Do not put heat on your face.
3. If the tooth feels like you are hitting harder on it than the other teeth, it may have raised up slightly from the inflammation. You can make an appointment, and we will be happy to adjust your bite on that tooth.
4. Emergencies: In a small percentage of cases, swelling and/or severe pain can occur following root canal treatment. If this happens, we may need to change your antibiotic to a stronger one. Call the office number 704-633-1799. If it is after hours, someone will call you the next morning. If it is on the weekend, someone will check messages periodically. Leave your name and a number where you can be reached.
5. After a tooth has had a root canal, it still needs to have a post and crown placed. Normally, we will place the post at the time of the root canal.

Teeth that have had root canals may become brittle and, due to undermined or reduced tooth structure, may be subject to cracking or fracturing. Crowning the treated tooth is the best precautionary measure to help avoid this from occurring: this procedure should be performed as soon as possible after treatment.

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