

Capitola Dental  
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Root Canal Treatment Postoperative Instructions

Your root canal treatment is complete. It is normal for your tooth to be sore for 2-3 days after treatment. Soreness may actually increase on the second day. Tenderness to biting may persist for up to two weeks following treatment but will gradually get better over time.

Generally, ibuprofen (i.e. Advil, Motrin, or generic ibuprofen) is all that is needed for post-operative soreness. We strongly recommend that you take 600mg (three over-the-counter 200mg tablets) of ibuprofen every six hours for two days (unless you have an allergy or sensitivity to ibuprofen, or have been advised not to use it). At this dosage ibuprofen has excellent anti-inflammatory properties. It's a good idea to take the ibuprofen even if the tooth is not sore to help prevent soreness in the next few days.

If the ibuprofen alone does not provide adequate pain relief, you may take up to 1000mg of acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours in between your doses of ibuprofen. If more severe discomfort is anticipated we will prescribe a narcotic (i.e. hydrocodone or oxycodone) that can be used in place of the Tylenol in between doses of ibuprofen.

If an antibiotic is prescribed take all of the pills as instructed, unless you experience complications (i.e. rash, diarrhea, etc.).

\*Remember to eat before taking any medications. If you take medications on an empty stomach, nausea and vomiting may occur.

Your tooth only has a temporary filling at this time. It is critical that you make an appointment for placement of the final restoration as soon as possible. Your dentist will place a crown, onlay, or filling to seal the root canal filling and help protect the tooth from fracture. Avoid chewing on the treated tooth until the restoration is placed.

If you experience swelling or pain (which is not comfortably controlled by the medications prescribed) or there are complications with your medicines, please call the office at 831 475-2313. If after hours, please still leave a message and then call the after hours emergency line at 831 272-2491.

Although root canal treatment is highly successful, about 5-15% of teeth may not heal and may have persistent x-ray evidence of disease with or without symptoms.