

PREMIER ENDODONTIC ASSOCIATES

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Post Root Canal Therapy Care

- ✓ Do not eat anything or drink anything HOT while you are numb.
- ✓ Take 600mg to 800mg of Ibuprofen while you are numb and again when it starts to wear off. Then, if needed, every 6 to 8 hours for the first couple of days. If you cannot take Ibuprofen take 1 to 2 Tylenol every 6 to 8 hours, or take 1 to 2 Aleve every 12 hours (if you are on blood thinners do not take Ibuprofen, Aspirin or Aleve.)
- ✓ Your tooth area can feel sore and / or bruised for up to two weeks following the root canal. It is very important to be very careful chewing on your tooth until it is permanently restored. If you run a temperature or if any swelling, call our office immediately.
- ✓ A temporary restoration has been placed on your tooth; please avoid hard sticky foods until your general dentist restores the tooth. Brush and floss your teeth in a normal manner, unless otherwise instructed. If your temporary comes out, call our office.
- ✓ If your pain is not alleviated with over-the-counter medications, please contact our office. We may need to prescribe an antibiotic and/or stronger pain medication or you may need to visit our office before your next scheduled appointment.
- ✓ **Remember to call your general dentist to schedule an appointment to have the permanent restoration placed on your tooth as soon as their schedule allows, preferably within the next 15 to 60 days.**