

## Post-Procedure Instructions

Your root canal procedure has been **completed / initiated**:

- **Your tooth and gum tissues will be sore for several days due to inflammation**—this is normal and consistent with healing. Inflammation increases and peaks 72 hours after your appointment, then gets better.
  - You may feel **soreness around the tooth**, the gum area where the shots were given. Rinsing with warm salt water may provide relief.
  - There may be some **tenderness upon biting**. This is also normal. Try to avoid biting on the tooth worked on to avoid additional inflammation.
  - Lastly, your **jaw muscles** may be sore on both sides as a result of keeping your mouth open for an extended period of time. If this happens, stretch the muscles or chew gum on the side not worked on.
- The following medication(s) is/are advised **around the clock for the next 48-72 hours** for pain/inflammation:
  - Ibuprofen (Advil/Motrin) 400-600mg, every 4-6 hours, up to 3200mg per day. If ibuprofen alone is not alleviating your discomfort, you may supplement with the acetaminophen regimen below. Take Ibuprofen with food.
  - Acetaminophen (Tylenol) 500-1000mg, every 4-6 hours, up to 3000mg per day.
- The following antibiotic is advised; please take to completion:
  - Amoxicillin
  - Azithromycin/Z-Pak
- Additionally:
  - \_\_\_\_\_

You may **continue to be numb for a few hours**; the numbness will gradually wear off. While you are still numb, a soft mechanical diet (e.g. soups, smoothies, shakes, etc.) is advised to limit potentially biting yourself.

Your tooth has been filled with a temporary filling. **Please allow at least one hour for the temporary filling to set before eating anything.** Even so, avoid eating on the tooth as much as possible. You may feel like the filling has fallen out when in all likelihood it has been pushed further into the tooth. It is imperative that you schedule a permanent restoration with your dentist as soon as possible.

Should you have additional questions or concerns, please call our office at (714)838-1415.