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INSTRUCTIONS FOLLOWING ROOT CANAL TREATMENT

Your tooth and surrounding gum tissue may be sore for several days as a result of manipulation during treatment and the previous condition of your tooth. Occasionally, **two to four days after treatment you may have a spike of pain**. This is also normal and there is no cause for alarm. *Do not chew food on the treated side until your endodontic therapy is completed and your tooth is covered with a protective restoration provided by your restorative dentist.* You may continue your regular dental hygiene regimen; be sure to brush the treated area unless otherwise directed.

Discomfort may be alleviated by taking ibuprofen (Motrin/Advil), or acetaminophen (Tylenol) as directed. NOTE: Alcohol intake is not advised while taking any of these medications. Should you experience discomfort that cannot be controlled with the above listed medication, or should swelling develop, do not use ice and please contact this office immediately. If you need to call after hours, please have your pharmacy number available.

Women: If an antibiotic has been prescribed and you are taking birth control pills, alternate birth control methods must be used for at least one month.

If you can take Tylenol (acetaminophen) and Advil (ibuprofen) without issue, the following is recommended to help minimize post-operative discomfort. If you cannot take one or both of these medications, **do not** follow these instructions. Please consult Dr. Buck directly regarding alternative medications and regimens.

- a. Take 800mg of Advil (Typically 4 tablets) every 6 hours
- b. Take 1000mg of Tylenol (Typically 2 extra strength tablets) every 6 hours
- c. Taking the generic version of each medication is recommended as it will save on cost and not alter the efficacy.
- d. Using Advil and Tylenol together significantly decreases discomfort more than either medication can by themselves.
- e. If you hypothetically take both medications *at the same time*, they will wear off *at the same time*. **If you stagger the start of each of the medications you will get a better result and you will always have one of the medications working at full strength.**
- f. For example, if you take Advil at 11:00am, take Tylenol at 2:00pm; take the Advil again at 5:00pm and then Tylenol at 8:00pm, etc.
- g. **If you are prescribed Norco you may substitute it for Tylenol** in this regimen as needed for the level of discomfort you are experiencing. **Do NOT** take Tylenol and Norco at the same time.
- h. Remember that Norco cannot be used with alcohol and can impair your senses. Do not drive while taking it.



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***** Rotate medications every 3 hours for the first 24-48 hours after treatment while awake.**

Time	Medicine	Dosage
	Ibuprofen	800 mg (4) – 200 mg each
	Tylenol OR Norco	1000 mg (2) – 500 mg each
	Ibuprofen	800 mg (4) – 200 mg each
	Tylenol OR Norco	1000 mg (2) – 500 mg each
	Ibuprofen	800 mg (4) – 200 mg each

Please do not chew on the root-canaled tooth. Using the tooth in a normal way following a root canal if not protected by a crown can lead to breaking the tooth beyond repair.

The success of treatment greatly depends on having the root canal treated tooth permanently restored in a timely manner. A delay in this process can lead to recontamination of the root canal, a retreatment procedure, swelling, infection and even loss of the tooth.

Completion of Endodontic Treatment:

- The outer surface of your tooth is sealed with a temporary restoration. Your root canal treatment is not complete. You are scheduled for:
_____.
- The outer surface of your tooth is sealed with a temporary restoration. Your root canal treatment is not complete. We will call you in _____ weeks to evaluate your symptoms and schedule your next appointment.
- The outer surface of your tooth has been built up to form a foundation for a crown or cap.
- The outer surface of your tooth is sealed with a temporary restoration. Please contact your general dentist for a permanent restoration appointment that is within the next 4-6 weeks.
- The outer surface of your tooth has been permanently restored. You are done!

Included in your treatment are several follow-up examinations to evaluate the progress of healing. These appointments will require only a few minutes and no additional fees will be charged. We will mail you a postcard when your follow-up appointment is needed.

If you have abnormal responses to the medication, please discontinue them immediately and call our office at **(775) 883-3434** or Dr. Buck at **(775) 220-8797** or Dr. Sutter at **(775) 553-6361**.

We thank you for entrusting your care to us.