

# ABQ ENDODONTICS

## A few reminders about your root canal therapy...

1. Your root canal treatment is complete. All of the hot and cold sensitivity with this tooth should be gone. It is normal for your tooth to be painful and ache for 2 to 3 days after treatment. It most likely will become increasingly painful on the second day. Tenderness to biting may persist for up to a month following treatment but will gradually get better over time. As with setting a broken arm, the treatment performed will allow your body to heal properly, but it will still require a little time for that process to take place.
2. We recommend taking 600mg to 800mg ibuprofen (Advil, Motrin) every 6 hours for the first 2 to 3 days consistently and as needed after that. If you are unable to take ibuprofen or need additional pain relief, we also recommend taking 650mg of Tylenol (2 regular-strength tablets) every 6 hours for the first 2 to 3 days consistently and as needed after that. If you are taking both ibuprofen and Tylenol together, you can alternate the medications. For example, take 800mg of ibuprofen right away, and then in 3 hours take 650mg of Tylenol. Three hours later take 800mg of ibuprofen, and so on for the first 2 to 3 days. It's a good idea to take these medicines for 2 or 3 days even if the tooth is not sore to prevent possible pain and inflammation around the tooth. If prescription pain medication is needed, discontinue taking the Tylenol while taking the prescription pain medication. Your prescription pain medication also has Tylenol in it, and excessive Tylenol in a single day is potentially bad for your liver.
3. Occasionally (about 3 % of the time) a "flare-up" can occur about a day or two after the procedure. This is marked by swelling and intense pain. This doesn't necessarily mean anything is wrong, and is simply your body's immune response to the prior infection. However, if you experience swelling and/or pain which is not comfortably controlled by the medications prescribed, please contact our office.
4. A temporary filling was placed in your tooth today. You should schedule an appointment to have a permanent filling placed as soon as possible by your general dentist, preferably within 2 to 3 weeks. You should limit how much you chew or bite on the tooth until you have a permanent filling placed. It is recommended a crown be placed on all back teeth that have had a root canal to prevent cracking the tooth in the future.
5. You may eat normally after the numbness has worn off. The temporary filling takes about 60 minutes to set. However, please avoid chewing excessively on the tooth until your permanent filling and/or crown has been placed. The tooth is at risk of fracture when it is in a temporary state.
6. If you were prescribed an antibiotic by our office or by your general dentist, please continue taking it as directed. Please contact us with any allergic reaction you may experience (itchiness, hives, etc).
7. You can brush as normal, but we recommend not flossing around the temporary filling.
8. You may be asked to return in 6 months to a year after treatment to re-examine your tooth. Although root canal treatment is highly successful, about 5% to 10% of teeth may not heal and may exhibit persistent infection with or without symptoms. Occasionally, an additional procedure or extraction of the tooth may be required.

Thank you again. Please contact our office at (505) 291-8630 if you have any question or concerns.

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