



## **Post Operative Instructions: Root Canal Therapy**

We hope you had a positive root canal therapy experience with us. Please read through the following instructions as they are meant to guide you through the healing phase as comfortably as possible.

It is important to remember that during the root canal therapy, we disinfected inside the root of an infected tooth. Since everyone heals differently, it is hard to predict what your experience will be. *It is common to experience some soreness when biting on the tooth for a couple of days, sometimes even up to a couple of weeks following your visit.*

Please take the following over the counter pain relievers as directed for the first few 2-3 days to greatly reduce your discomfort. Only take the medications indicated with a check mark.

Ibuprofen (Advil, Motrin) : 3 tablets of 200mg tablets (for a total of 600mg) every 6 hours

Acetaminophen (Tylenol) : 2 tablets of 500mg tablets (for a total of 1000mg) every 6 hours

Other: \_\_\_\_\_

Rinse the inside of your mouth in the area of the treatment several times a day with antibacterial mouthwash like Listerine or with warm salt water rinses to relieve the mild irritation of the gum around the tooth.

Try not to chew on the treated tooth for the next few days in order to minimize irritation to the healing tooth. If your bite feels high or you cannot close your mouth without pain, please let us know so the temporary filling in the treated tooth can be adjusted.

If swelling occurs, apply a cold compress to the area and please contact Dr. Jaiswal.

Other post-treatment concerns are related to the type and severity of the infection in your tooth. Sometimes, the severity of the infection may require additional antibiotic, surgical, or additional root canal re-treatment by a specialist.

Please schedule the build-up (and/or crown) within 2 to 4 weeks following the completion of your root canal therapy.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490.

Thank you for trusting us with your dental health!