



INTERBAY DENTAL SPECIALISTS

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POST-TREATMENT INSTRUCTIONS FOR ENDODONTIC PROCEDURES

- Discomfort is expected following treatment. Typically as the tooth heals, soreness will increase and peak in the first 3 days, then slowly decrease over the following 14 days.
- To prevent tenderness from escalating, take 3 tablets of 200mg Ibuprofen equal to 600 mg (Advil), every 6 hours for the next 3 days following treatment (this is to be taken as an anti-inflammatory even if the tooth does not hurt). You may add acetaminophen (Tylenol) or prescribed narcotic for additional pain relief. Should you experience discomfort that cannot be controlled with the above medications or should swelling develop, please contact our office.
- Your root canal is now completed. The canal or canals have been sealed and nature must now have time to repair the damage that the original irritant produced. Do not chew on the tooth until you have a crown seated by your general dentist. If you already have a crown or were informed a crown was not recommended in your case you can chew on your tooth once the tenderness is gone. Although the roots are permanently sealed, the outer surface is filled with a *temporary* filling in the access of your tooth, which is hard and may last for many weeks, but it is advisable to **see your regular dentist within a month** to restore the tooth permanently and/or with a crown. Current research has shown that even newly sealed root canals will be totally contaminated with bacteria if the temporary filling is missing for over three weeks. A final restoration (crown, onlay, filling) will give the tooth its necessary protection. A letter and copy of your final x-ray will be sent to your general dentist. Please contact your general dentist to schedule your permanent restoration.
- Please call our office if you have any questions.