



## **Healing After a Root Canal**

Depending on the condition of your tooth prior to the root canal treatment (infection severity, trauma, and degree of inflammation present), the healing phase may be rapid or linger. Please be patient with this process as it can take several days or up to a few weeks or more for all symptoms to resolve.

Most discomfort may be alleviated by taking 600 mg Ibuprofen (Advil, Motrin) every 4-6 hours. If you cannot tolerate taking Ibuprofen or if your medical history contraindicates this medication, you may take 1000 mg of Acetaminophen (Tylenol) every 4-6 hours. You can also take both Ibuprofen and Acetaminophen at the same time for extra relief since the medications function at different pain pathways in the body. Should you experience discomfort that cannot be controlled with the above listed medications, please contact our office any time. It is very important that you begin taking pain medication right after the procedure and continue taking pain meds on a **time schedule** for at least 2 days for optimal pain control.

Antibiotics are not required for all root canal treatment. Your doctor will determine if antibiotics are necessary to assist in the healing process. If you notice swelling after the treatment, please contact us any time.

The root canal system in your tooth has been permanently sealed; however, the biting surface is sealed with a temporary restoration. This temporary is only designed to last about one month. Within that time frame you must contact your dentist to schedule an appointment to get a protective permanent crown on the tooth. During the interim period, you should avoid chewing any food on the affected tooth. Many teeth undergoing root canal treatment are already weakened from cracks, decay or fillings and they may break if not careful. You may continue your regular dental hygiene regimen.

If you have any questions, please ask!

Thank you,  
Aspire Dental  
(512) 491-5244