

## Post-Op Instructions for Root Canal Therapy and Retreatment

Please do not eat for **1 hour**, this will allow your temporary filling to set.

You may however, drink any cold liquids.

### Temporary Filling

After your temporary filling is completely set, please do not crunch on:

- Ice
- Any hard candy
- Popcorn or anything that can crack a tooth.

### Permanent Restoration

You need to contact your general dentist as soon as possible to be seen within **2-4 weeks** for a permanent restoration. Failure to do so may result in having the root canal done again at an additional cost. This will prevent fracture of your tooth and/or the need for retreatment of the root canal. If you have a temporary crown already in place from your general dentist, you must have a permanent build-up placed prior to cementation of the permanent crown. If the temporary crown comes off, CONTACT YOUR GENERAL DENTIST.

### Medication

**Pain:** It is recommended you take Ibuprofen (Advil/Motrin) 600 mg every 6-8 hours with 500 mg Acetaminophen (Tylenol) for approximately 3 days for post-operative discomfort. If you are unable to take the Tylenol, we recommend taking 800 mg of Ibuprofen. If you cannot take Ibuprofen (instructed by your physician or you are on blood thinners), 1000 mg Acetaminophen (Tylenol) is the best substitute. **If you are unsure if you can take Ibuprofen or Tylenol, please consult your physician or pharmacist.** The doctor will give prescription medications if necessary. Take the medication as needed for pain. Prescribed pain reliever are to be taken at night. **DO NOT DRIVE** while on this medication as they may have a sedative effect. You may alternate the use of Ibuprofen and Acetaminophen with the prescription pain medication. Do not take them at the same time.

**Antibiotic:** If you are prescribed an antibiotic, take it as prescribed with food and complete your prescription. Do not stop taking the medication when you feel better. As with any medication, if you notice itching, rash, upset stomach, or difficulty breathing, stop the medication immediately and contact the doctor. NOTE: Antibiotics can decrease the effectiveness of contraceptive medications.

### Inflammation

Inflammation usually starts 24-48 hours after the procedure. The intensity of the discomfort may gradually increase and peak on the 4<sup>th</sup> day and slowly taper off. Although each individual may react differently, it is not abnormal to have sensitivity to touch and bite for 7-10 days following the procedure.

### 6 Month Recall

In certain cases Dr. Ferguson will request a follow up appointment in 6 months to reevaluate healing. This is NOT always needed. You will also receive a letter to remind you to call and schedule this appointment. NOTE: IF hot and cold is bothering you, there may be another tooth that will need treatment.

**Emergency Contact: (407) 930-4496 After Hours: (407) 735-6937**

I have read and understand all of the above

Signature: \_\_\_\_\_ Date: \_\_\_\_\_