

## Recovery Tips

*You made it through your root canal!  
We made this guide to help you heal.*

**Numbness** of your lip, tongue, or palate may typically be lost for several hours. Try not to chew gum, eat, or drink hot liquids until the anesthetic has worn off so you don't accidentally bite or burn yourself. If you need a snack, stick to something soft and room temperature. If you feel like your bite is not correct after the numbness wears off, call us immediately for an appointment to have it adjusted, as this can contribute to postoperative pain.

**Medications:** See the back of the page for information about medications.

**It is normal** to be sore and achy for a few days after treatment. This can usually be controlled with over-the-counter medication, but sometimes prescription painkillers will be needed (see the next page for info on medicine). A tooth treated with a root canal may feel different for quite some time following root canal therapy.

**Please call us** if you experience any significant pain that is not well-managed by medication. We can help! Please also let us know if you experience any significant swelling that could indicate infection or if your tooth breaks.

**Can I eat normally?** Try not to chew or bite on the tooth that was treated today until you have it restored with a crown by your regular dentist. If possible, chew only on the opposite side of your mouth. You should especially avoid eating anything sticky or hard with that tooth.

**How should I take care of my mouth?** You can brush and floss your teeth as you usually do.

**What's next?** Until you come back for a more permanent restoration, the tooth that just had a root canal is at risk for breaking. The next step of your treatment will most likely consist of a post or filling of some type, plus a crown to preserve and protect your tooth. It is imperative that you return for this in a timely manner (usually within one month unless otherwise directed). If you feel like your temporary filling has fallen out, call us as this must be replaced ASAP.

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### We are here for you!

Don't hesitate to call us if you have any questions or concerns about your post-operative care.

## Your Prescriptions

### For Pain

- Advil (non-prescription)**      Take 1- 4 tablets every 6 hours as needed for pain
  
- Motrin/Ibuprofen 600 mg**      Take 1 tablet every 6 hours to control pain
  
- Vicodin/Hydrocodone**      If Motrin/ Advil does not adequately control pain, alternate Vicodin and Motrin/ Advil every 3 hours. Take 1 Motrin or 1-4 Advil, then 3 hours later take 1 Vicodin; 3 hours later take another Motrin or 1-4 Advil, and in another 3 hours, take 1 Vicodin. Continue as needed for pain.
  
- Percocet**      If Motrin/ Advil does not adequately control pain, alternate Percocet and Motrin/ Advil every 3 hours. Take 1 Motrin or 1-4 Advil, then 3 hours later take 1 Percocet; 3 hours later take another Motrin or 1-4 Advil, and in another 3 hours, take 1 Percocet. Continue as needed for pain.
  
- Other** \_\_\_\_\_      Directions:

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### For Infection

- Amoxicillin
- Augmentin/ Amoxicillin Clavulanate
- Z-Pack
- Clindamycin
- Other \_\_\_\_\_

- Directions: Take as directed on bottle regardless of whether you have pain or swelling
- Directions: If noticeable swelling or significant pain occurs, take as directed on bottle
- Other Directions:

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