

Post Treatment Instructions for Endodontic Therapy

It is not uncommon to experience slight discomfort following root canal treatment. You may have a pressure feeling at root of tooth for a day or two, this is normal. The discomfort normally subsides within two or three days.

If there was infection associated with the tooth, swelling may occur and, may even begin one or two days following treatment. If antibiotics have been prescribed, take as directed and complete the entire prescription, even if the swelling and/or pain disappear(s) before the prescription is finished.

Producers to help alleviate discomfort:

1. We recommend taking 400mg of ibuprofen (Advil, Motrin, etc.) before the anesthetic (numbness) wears off. Then take 400mg of ibuprofen every four hours for the next twenty-four hours (*do not exceed 2400 mg in a 24 hour period*). If you are unable to take ibuprofen, or other anti-inflammatory medications, substitute acetaminophen (Tylenol).

2. Application of heat (heating pad; moist towel; etc.) usually helps relieve the discomfort. However, if the heat does not help, you may try ice (wrapped in a towel).

Important: If the tooth being treated does not currently have a crown (cap), avoid chewing on it until the root canal therapy is completed and a crown is placed. **If biting pressure is placed on the tooth, it may fracture and require extraction.** The crown will cover the tooth to prevent it from fracturing, so after a crown is placed, normal chewing may be resumed.

*** We recommend that you set up an appointment as soon as possible following completion of the root canal treatment to have the crown placed, unless otherwise instructed.**

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