



SOUTHSIDE DENTAL

LOVE TO SMILE

WHAT TO DO FOLLOWING A ROOT CANAL (ENDODONTIC) PROCEDURE

A root canal procedure requires us to work with the tooth nerve which lies deep inside to the roots of your teeth. After leaving our office, please follow the instructions of care below to help reduce problems and discomfort.

- For pain management, an effective pain regimen is to take **Ibuprofen (Advil) 400mg + Acetaminophen (Tylenol) 500mg** together every 4-6 hours as needed for pain. Do not exceed 2400mg Ibuprofen or 3000mg Acetaminophen daily.
- Brush and floss as normal. If the opening in your tooth was restored with a temporary filling material, it is not unusual for some material to wear off in between appointments, However if you feel the entire filling has come out, contact our office.
- Contact us if you develop any of the following:
 - visible swelling inside or outside of your mouth
 - allergic reaction to medication (rash, hives, or itching)
 - a return of original symptoms
 - your bite feels uneven

Following a root canal, most teeth require a core build-up and a crown for strength. It is extremely important that you complete this treatment as recommended. Over time, after a root canal is completed the tooth becomes brittle and may discolor. If not covered and protected, this treated tooth could easily break, requiring it to be removed.