

***Cala Hills Endodontics***  
***Demetrick LeCorn, D.M.D., M.S.***  
***And Associates***  
***Practice Limited to Endodontics***  
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## **Root Canal Post Operative Instructions**

These instructions are designed to minimize your post endodontic treatment discomfort.

1. You can expect to have soreness, pain and/or discomfort, and throbbing with your tooth and around your gums after the root canal procedure. This is normal and can last from several days to several weeks.
2. It is recommended you take **Ibuprofen (Advil/Motrin) 600 mg every 6-8 hours with 650 mg acetaminophen (Tylenol) for approximately 3 days for postoperative 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 medications as needed for pain. Prescribed pain relievers 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 the ibuprofen and acetaminophen with the prescription pain medication. Do not take them at the same time.
3. If you are prescribed an antibiotic, take it as prescribed with food and complete the 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.
4. After the procedure is completed, you will have a temporary filling in your tooth, **YOU MUST** contact your general dentist and make an appointment for a build-up and crown preferably **between 2-6 weeks.** 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.**
5. Brush and floss as usual.
6. Wait 1 hour before eating so the temporary filling can fully set-up. Eat whatever feels comfortable to you. **DO NOT** eat any foods that are crunchy, sticky, chewy or hard until you have your permanent crown. **We advise you to refrain from touching, tapping, and/or pushing on the tooth, as this will elicit unnecessary discomfort following root canal treatment and may delay healing.**
7. In certain cases your treating Dr. will request a follow-up appointment in 6 months to reevaluate healing. This is NOT always needed. If so, schedule this appointment prior to leaving the office. You will be reminded of this appointment two days prior to that date.
8. If you have any questions please call us:
  - During regular business hours (M-TH 8:00am - 5:00pm F 8:00am – 3:00pm)
  - After hours page Dr. LeCorn (423) 648-5691

I acknowledge that I have read and understand these instructions.

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Patient Signature

Date

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