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**Practice Limited to Endodontics**  
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### **Post-operative Instructions**

Your root canal treatment may take one or more visits to complete. During treatment the diseased nerve will be removed. The root canal will be cleaned, shaped, medicated and filled to prevent recontamination of the tooth.

#### **What to expect after treatment.**

Cleaning the root canals may cause inflammation of tissue that attaches the tooth to the bone. You may experience some discomfort for a few days for this reason.

#### **Over-the-counter analgesics usually alleviate the discomfort.**

**\_\_Advil 600 mg (3 tabs) plus 1extra strength Tylenol (500 mg) every 4-5 hours ] caffeine will boost the analgesia. Take a cup of coffee, cola or tea twice a say with the analgesics.**

**\_\_Tylenol extra- strength (500) 1 every 4-5 hours up 4.5 five times a day**  
**Advil =ibuprofen=nuprin=motrin**

Regular Ibuprofen takes 1-1.5 hours to start to work. Advil Liqui-gels can start to give pain relief in 20 minutes.

Do not take Aleve or Ibuprofen products if you are allergic to aspirin or have stomach problems (ulcerative colitis, ulcers). These products should also be avoided if you have asthma unless you know you are not sensitive.

If the discomfort continues or if you have severe pain or swelling, do not hesitate to call **Dr. Mann**.

Normally, a temporary filling is placed in the tooth between appointments and once the root canal is completed. Remember they are temporary. Once the root canal is done your primary care dentist must place a permanent restoration.

#### **How to take care of your mouth**

Avoid chewing or biting directly on the treated tooth until your dentist replaces the temporary restoration. It could hurt for up to 3 weeks if you use it or it might break.

If medication is prescribed take it as directed.

Please call for a follow-up exam 6 months after completion of treatment/.

**Appointment; date \_\_\_\_\_ day \_\_\_\_\_ time \_\_\_\_\_**

