



RANCHO BERNARDO ENDODONTICS

Things to Know after Your ROOT CANAL appointment:

- While root canal treatment is relatively comfortable, it is not uncommon to have tenderness for a few days following your visit. The following suggestions will aid in minimizing any discomfort.
- As the local anesthetic wears off there may be a temporary period of discomfort. An analgesic taken for a few days following treatment is recommended. A good first choice is ibuprofen (Advil, Motrin, etc.) taken at a dose of 600–800 mg every 4–6 hours. Naproxen sodium 440mg (Aleve) is also an excellent choice and can be taken every 8–10 hours. Tylenol (325–650mg every 4–6 hours) is a third choice for those unable to take other medications. Do not place any hot or cold compresses on the outside of your face; these alter the healing process.
- If prescriptions were given to you then fill these as soon as possible. Antibiotics should be taken until no medication remains. If any undue reactions occur such as itching, rash or breathing difficulties then please discontinue the medication and contact the office as soon as possible.
- Avoid chewing directly on the tooth after root canal treatment, as tenderness to pressure is normal for a few days or even several weeks following the procedure. If the tooth will require a crown, then avoiding that side will minimize the possibility of fracturing the tooth.
- Most likely a temporary filling was placed in your tooth and you will need to return to your general dentist to have the permanent restoration completed. This should be done within 4 weeks of having your treatment completed here. After 4 weeks the temporary filling may start to leak and could cause contamination of the root canal treatment.
- If extreme tenderness or swelling occurs or if you have any questions or concerns regarding your treatment, please contact the office.
- It is important to keep the tooth and surrounding tissue clean. Brush the area normally as you would your other teeth.

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