



Modern Care Endodontics

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Post-Op Care Instructions

To minimize short-term discomfort and ensure long-term success for your root canal treated tooth, there are a few things we would like you to know and guidelines we ask you to follow:

- It is normal for your tooth to be sore following root canal treatment. The soreness may continue through the first week. Please avoid chewing on your tooth during that time. Healing will occur more quickly if you avoid irritating the tooth as much as possible. Biting tenderness may even last several weeks but should be feeling better by one month.
- Over the next 3-4 days, as the natural healing process is occurring, we usually recommend that you take **Ibuprofen (Motrin or Advil) 600mg every 6 hours**. This can be supplemented with Tylenol 650mg every 6 hours as needed. In most cases you should not need anything stronger.
- Usually a temporary filling is placed in your tooth after treatment. It is very important that you schedule an appointment with your dentist for a permanent filling or crown no later than 30 days from the time of treatment.
- We may request that you return to our office for a recall appointment to evaluate the healing of your tooth. Please come to your appointment to help us give you the best care possible and ensure adequate healing and long-term success.

Thank you again for allowing us to assist in maintaining your dental health. If you need anything, please let us know how we can help,

Your Team at Modern Care Endodontics