




i Recovery Tips **?**


You made it through your root canal!
We made this little guide to help you heal.

 **Numbness** of your lip, tongue or palate may last for several hours. Try not to chew gum, eat, or drink hot liquids until the anesthetic has worn off so you don't accidentally bite or burn yourself. If you need a snack, stick to something soft and room temperature. If you feel like your bite is not correct after the numbness wears off call us immediately for an appointment to have it adjusted as this can contribute to postoperative pain.


 **Medications:** See the following page for information about medications.


 **It is normal** to be sore and achy for a few days after treatment. This can usually be controlled with over the counter medication, but sometimes prescription painkillers will be needed (see the next page for info on medicine). A tooth treated with a root canal may feel different for quite some time following root canal therapy.

 **Please call us** if you experience any significant pain or pain that is not well-managed by medication. We can help! Please also let us know if you experience any significant swelling which could be an indication of infection, or if your tooth breaks.

 **Can I eat like normal?** Try not to not chew or bite on your tooth that was treated today until you have it restored with a crown by your regular dentist. If possible, chew only on the opposite side of your mouth. You should especially avoid eating anything sticky or hard with that tooth.

 **How should I take care of my mouth?** You can brush and floss your teeth as you normally would.

 **What's next?** Until you come back to see us for a more permanent restoration, the tooth that just had a root canal is at risk for breaking. The next step of your treatment will mostly likely consist of a post or filling of some type, plus a crown to preserve and protect your tooth. **It is imperative that you return for this in a timely manner** (usually one month unless otherwise directed). If you feel like your temporary filling has been lost call us as this must be replaced ASAP.

 **We're here for you!** Don't hesitate to call the office at any time if you have any questions or problems concerning your post-operative care. The telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.



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Your Prescriptions

For Pain

Advil (non-prescription)

Directions: Take 1-4 tablets every 6 hours as needed for pain

Motrin/Ibuprofen 600mg

Directions: Take 1 tablet every 6 hours to control pain

Vicodin/Hydrocodone

Directions: If Motrin/Advil does not adequately control pain, alternate Vicodin and Motrin/Advil every 3 hours. Take 1 Motrin or 1-4 Advil, then 3 hours later take 1 Vicodin; 3 hours later take another Motrin or 1-4 Advil, and in another 3 hours, take 1 Vicodin. Continue as needed for pain.

Percocet

Directions: If Motrin/Advil does not adequately control pain, alternate Percocet and Motrin/Advil every 3 hours. Take 1 Motrin or 1-4 Advil, then 3 hours later take 1 Percocet; 3 hours later take another Motrin or 1-4 Advil, and in another 3 hours, take 1 Percocet. Continue as needed for pain.

Other _____

Directions:

For Infection

Amoxicillin

Augmentin/Amoxicillin Clavulanate

Z-Pack

Clindamycin

Other _____

Directions: Take as directed on bottle regardless of whether you have pain or swelling

Directions: If noticeable swelling or significant pain occurs, take as directed on bottle

Other Directions: _____



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