



# Columbus Endodontic Specialists

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## AFTER TODAY'S TREATMENT:

It is common to have soreness or discomfort for a few days after your appointment. Soreness results from the previous damage to the tooth and surrounding bone and from the work done within the tooth during treatment. There is no cause for alarm—this is very common after root canal treatment especially if the tooth was painful before treatment. The tooth will feel much better if you follow these suggestions:

1. Aspirin, Tylenol, or Ibuprofen (Advil or Motrin) should be adequate to help keep most tenderness under control. Take this medication as soon as possible while you are still numb from treatment so it can start to work right away.
2. For patients who can take ibuprofen, many find that 400-800 mg. (2 to 4, 200 mg. over the counter tablets) taken 3-4 times daily will work to relieve most symptoms. Keep in mind that the maximum daily ibuprofen dosage should not exceed 2400 mg. Some patients will benefit by adding 2 regular strength Tylenol (acetaminophen 325 mg.) between the doses of ibuprofen. If this fails to restore comfort, please fill the prescription for the pain medication given to you and take as directed. If an antibiotic was prescribed, make sure to fill the prescription and take as directed.
3. Avoid chewing on the tooth for at least **7 days**. Chewing too early on the tooth can slow the initial healing.
4. Allow time for healing to begin and the medications to work — **usually within 24 to 48 hours**.
5. The opening in the tooth where the treatment was done has been closed with a temporary filling. It is normal for a thin layer of the temporary filling to be chewed away and for the tooth surface to feel a little rough.

Please call the office for instructions if you have any questions concerning your treatment.

THANK YOU.