What Should I Expect After My Root Canal?
Your tooth and gum tissues around it may be somewhat tender for several days. This is a result of the infection that brought you into our office as well as the endodontic manipulation during treatment. This is absolutely normal and is part of the healing process. You can expect your tooth to be sore for about 3-5 days. When you touch it, brush it, and chew, it can be tender. Remember: the more your tooth hurt prior to the procedure, the more tender it will be after the procedure.

Every patient is different and there are varying levels of discomfort. Some patients may even have discomfort for longer (i.e. several weeks). As long as it lessens every day, then you are likely headed in the right direction. Please make sure you continue to brush the area normally.

Post-Op Care After a Root Canal
After a root canal, taking care of your tooth properly helps to support smooth healing. Most people can return to work and normal daily activities within a day, but it's best to take it easy. Avoid chewing on the treated area for as long as recommended, especially if you have a temporary filling or crown in place.

If you exercise regularly, consider waiting 24 hours before resuming strenuous physical activity to avoid increased blood flow to the area, which could cause discomfort. Mild bleeding isn't common after a root canal, but if you do notice any, gently rinse with warm salt water and avoid disturbing the area. If bleeding persists or worsens, call our office for further guidance.

Be gentle when brushing and flossing around the area to prevent irritation. Staying hydrated and getting plenty of rest will also support your recovery. If you notice any unusual swelling, discomfort that isn't improving, or anything that feels off, don't hesitate to reach out to your dentist for guidance.

How Should I Manage My Discomfort?
It is recommended that you take 600 mg of Ibuprofen if you have PAIN or NO PAIN, around the clock every 6 hours for the next 3 days [650 mg acetaminophen if you cannot take ibuprofen]. A good way to remember this is to take a dose, *with food*, at morning, noon, dinner and bedtime. Taking your post operative medications in this manner should help you keep your discomfort to a minimum. If you allow the pain to return because you skipped a dose, it will be harder to get rid of it. It's a good idea to keep your pain medication on your nightstand so that you can take a dose

at night. If you sleep longer than 6 hours or skip a dose, be aware that your tooth may be more tender in the morning.

Pain Management Medications

IBUPROFEN (Advil® or Motrin®) Do not exceed 3200mg in 24 hours. This is a Non Steroidal Anti Inflammatory (NSAID). Do not take Ibuprofen if you cannot take NSAIDs. If NSAIDs cannot be used for pain management, the tooth tends to be more sore after treatment and healing tends to take longer.

ACETOMENOPHEN (Tylenol®) Acetaminophen comes in two doses, Regular (325mg) and Extra Strength (500mg). Do not exceed 3000 mg in 24 hours. Please remember if you are taking pain medication prescribed by another provider such as Norco®/Vicodin® it already has between 325mg and 500 mg Acetaminophen per dose. Also cold and flu medication have Acetaminophen in them also. This medication can be easy to overdose on.

NAPROXEN SODIUM (Aleve®) We do not recommend taking for acute / severe pain in this instance.

Very rarely (almost never) the dentist may prescribe pain medication like Hydrocodone. This medication is addictive. Hydrocodone will have acetaminophen in it. Stop taking acetaminophen alone if you are taking Hydrocodone. DO NOT stop taking the Ibuprofen. Hydrocodone is meant to be taken as a supplement for Ibuprofen. For the most effective pain management, alternate between the medications every 3 hours (For example: you would take your over the counter medication at noon, 6 pm, midnight, 6 am; while the Hydrocodone you would take at 3 pm, 9 pm, 3 am, 9 am. Your schedule will vary.)

Our most recommended way to attain pain relief is to take both Advil and Tylenol, alternating them every 3 hours, for example. Studies show this way of taking medication can manage pain more effectively than a narcotic.

12:00 PM (noon)	600 mg Ibuprofen (3 over the counter pills)
3: 00 PM	650 mg or 1000 mg Tylenol (2 over the counter pills)
6:00 PM	600 mg Ibuprofen (3 over the counter pills)
9:00 PM	650 mg or 1000 mg Tylenol (2 over the counter pills)
12:00 AM (midnight)	600 mg Ibuprofen (3 over the counter pills)
3:00 AM (if needed)	650 mg or 1000 mg Tylenol (2 over the counter pills)
6:00 AM (if needed)	600 mg Ibuprofen (3 over the counter pills)
12:00 PM (noon)	650 mg or 1000 mg Tylenol (2 over the counter pills)

What if I have swelling after treatment, or if my pain is not going away?

If you experience any swelling after treatment (for example, your face looks asymmetrical when you look in the mirror), or your pain is not responding to the medication, please call the office. You can also use ice, with the protection of a washcloth, 20 min on and 20 min off. Do not be alarmed, as this sometimes can occur after treatment. This is most common in patients who have had an abscess. If you have been given an antibiotic, it is important that you complete every pill in your bottle, following the recommended dosage. If you have been prescribed an antibiotic and are experiencing significant diarrhea, discontinue the antibiotic immediately and call our office. We also suggest taking a probiotic or eating yogurt when taking any antibiotic. We recommend NOT taking probiotics and antibiotics together, but waiting at least 2 hours between, as one may interfere with the other.

What if I Need to Speak to Someone After Hours?

If you should need to speak to someone after hours, **call the office at (630) 834-4140**. You will be texted with Dr. Augustyn's or Dr. Singh's emergency phone number so you can call them directly on their cell phone. Have your pharmacy phone number ready when calling, as they cannot look this up for you. For the most timely response, call the office during regular business hours when possible. Emergency phone service is not available after 7 pm and before 7 am. During those hours, in case of an emergency, please go to the emergency room.