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Post Operative Instructions – Endodontic (Root Canal) Treatment

Homecare: Continue to brush the tooth, but try not to floss the area. If you floss, pull the floss through sideways as not to dislodge a temporary filling (if applicable).

Eating: Do not chew on your tooth for 2 – 4 days, let the tooth heal. Do most of your chewing on the other side of the mouth until the tooth is restored with a crown or filling.

Temporary Filling: You may have a temporary filling in the tooth, once again try to avoid biting on that tooth, as you may risk fracture of the tooth or breaking the temporary filling. The temporary filling maybe soft or hard, if it is soft the filling may chip away a little. This is normal. If you loose your temporary filling, call the office.

Antibiotic Use: If you are given an antibiotic by the doctor, make sure you take the entire prescription until all pills are gone.

For women – if you are taking birth control pills, you must use an alternative method along with the pill for the remainder of your cycle. Sometimes antibiotics can reduce the efficacy of birth control pills.

Pain: For discomfort following endodontic treatment take Ibuprofen 800mg (4 Advil) every 6 hours for a few days. (600 mg can be taken but 800mg will give better relief).

If discomfort is not relieved by Ibuprofen add a to 2 tablets Tylenol 500mg extra strength. Take these along with the 800mg of Ibuprofen.

NOTE: The tooth maybe sensitive to chew on and have general soreness for up to 2 weeks following the procedure. This is normal and should decrease with time.