



## ROOT CANAL THERAPY POST-OP INSTRUCTIONS

- Take 800mg of ibuprofen (4 tablets of 200mg Advil) or 500mg of Tylenol every 6 hours **whether you think you need it or not for two days.**
  - Soreness is very normal after a root canal, and inflammation peaks at two days.
  - Please keep taking ibuprofen and/or Tylenol to stay ahead of the inflammation.
  - **You can take the ibuprofen AND Tylenol together if needed.**
  - Do NOT exceed 3200mg of ibuprofen or 4000mg of Tylenol in 24 hours.
- **Chew on the opposite side for two days.**
  - On the second day, you can go back to soft foods.
  - On the fourth day, you can go back to chewing normally.
- Your gums or tissue may be sore from treatment. The ibuprofen/Tylenol will help; try warm salt water rinses every 6 hours to help soothe the tissue until it heals.
- **If it feels tender to chew on that tooth once numbness wears off, please call our office for an adjustment** because it will not wear down on its own and can bruise the tooth.