

## **LAS CRUCES ENDODONTICS, LTD**

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### ***-Root Canal Treatment Post-Op Instructions-***

- Patients may experience discomfort for several days after root canal treatment. Due to irritation at the base of the tooth, you may experience discomfort when biting. Avoid chewing food on that side of the mouth until the symptoms subside.
- Inflammation is the primary cause of most post-operative discomfort. For this reason, we recommend taking anti-inflammatory medications (ie. Advil®, Motrin® or Ibuprofen) to help relieve the sensitivity. You may also take anti-inflammatory medications & Tylenol® at the same time for maximum benefit.
  - You may take 600 mg of Advil®, Motrin® or Ibuprofen every six hours for several days, as needed.
  - If additional pain relief is needed, you may also take 1000 mg of Tylenol® every six hours with an anti-inflammatory.
- Occasionally, you may need some prescription strength medication to relieve the pain. If this is the case, please contact our office.
- Following completion of the root canal treatment, avoid eating crunchy or hard foods on the treated tooth. Without a protective, permanent crown it could fracture from heavy forces. Follow-up with your dentist to restore the tooth.
- The temporary filling placed in your tooth will last up to one or two months. An attempt should be made to place a permanent restoration (crown, filling) on the treated tooth within one month.
- If antibiotics were prescribed, continue to take them as prescribed, even if all symptoms and signs of infection are gone. Continue brushing and flossing your teeth as normal.
- If you initially feel better, but then get significantly worse 2-3 days after treatment, you may be experiencing a “flare-up”. This is not common, but if it occurs please contact our office and we can treat the condition with medication.
- If your bite feels uneven, if you have persistent swelling or pain or if you have any other questions or concerns, please contact our office.