



Endodontic Specialists

Dr. Sandra Madison DDS, MS, PLLC Dr. Jessica Barr DDS, MS, PA

Home Care Notes: Following the Start of Root Canal Therapy

We are delighted that you have chosen our office for your endodontic treatment. Thank you for allowing us to provide your care. We sincerely hope you have had a pleasant experience.

Your root canal therapy has not *been completed*. We will need you to return to our office to finish the treatment. Please read and follow these post-operative instructions.

1. You may experience **tenderness for several days**. Although the tooth is no longer “alive” inside, the ligaments that secure the tooth in the bone remain living and may cause the tooth and area to be sore following treatment.
2. Due to the tension on tissues and an increase in fluid volume in the area, bruising (which is occasionally dramatic) may occur. This is transient and should resolve within 2 weeks.
3. **Avoid chewing** on the tooth for several days, using it only if comfortable.
4. Generally, **over-the-counter analgesics** (pain relievers) will alleviate your temporary discomfort. If a prescription medication has been given, please take it as directed by Dr. Madison or Dr. Barr.

Dosages for Over-the-Counter Analgesics

Tylenol: 1 extra-strength (500mg) or 2 regular-strength (325mg) tablets every 6 hours
(Please use Tylenol if you are aspirin or ibuprofen sensitive)

Advil/Ibuprofen/Motrin: 3-4 tablets (200 mg each), totaling 600-800mg every 6 hours

Aspirin: 1 tablet (325mg) every 6 hours

Please take over-the-counter analgesics with food to avoid stomach irritation

5. **IF YOU DEVELOP SIGNIFICANT PAIN OR SWELLING, PLEASE CONTACT OUR OFFICE OR THE EMERGENCY NUMBER BELOW**
6. If your temporary restoration seems to have washed or fallen out, please contact our office within 48 hours to avoid recontamination of the root canal system.
7. You should have an appointment to complete the root canal treatment in 4-8 weeks. Failure to complete treatment may result in the need to repeat the initial phase of treatment or loss of the tooth.

Thank you again for allowing us to provide your endodontic care. If you have any questions or problems, you may call our office Monday-Friday @ (828)277-7668 or (800)220-7668. If you experience an emergency after business hours, please page us at (828)271-3001 and leave a voice message. We will return your call promptly.