

Instructions Following Root Canal Treatment or Retreatment

Thank you for trusting us with your care today; we want to ensure you feel confident and comfortable during your recovery. It's normal to experience some tenderness or mild discomfort following treatment, but this should gradually improve over the next few days. Please follow the post-operative instructions provided to you, and don't hesitate to reach out if you have any questions or concerns.

We're here for you every step of the way. If you experience any unexpected discomfort or need assistance, please call or text us on **703-429-9926**. You can also email us at info@endoreston.com.

Numbness:

- Eat carefully until numbness fully wears off in **2-4 hours**.

Tenderness and When to Call Us:

- Mild tenderness is normal for a few days. Call us immediately if you experience:
 - Swelling, fever, chills, or continuing dull ache
 - Discomfort requiring medication beyond **48 hours**

Pain Management (if needed):

- **General Guideline:**
 - Take **400 mg of Ibuprofen** (two 200 mg capsules) every 8 hours for 48 hours.
 - If needed, take **500 mg of Acetaminophen** (Extra-Strength Tylenol®) every 8 hours in combination with Ibuprofen.
- Do not exceed:
 - 1,200 mg Ibuprofen per day (6 of 200 mg capsules)
 - 3,000 mg Acetaminophen per day (6 of 500 mg capsules)
- Avoid alcohol and discontinue any medication causing stomach upset or allergic reactions.

Routine Medications:

- Continue routine medications as directed.

Chewing and Oral Care:

- Avoid chewing on the treated tooth until a final restoration is placed.
- Brush and floss as usual, avoiding the surgical site.

** Follow-Up with Your Dentist:

- Visit your general dentist within **4 weeks** for a final restoration.

We hope your experience with us was seamless and comfortable.

Please leave us a review to help others find high-quality endodontic care. For any questions or concerns, call or text us on **703-429-9926**. You can also email us at info@endoreston.com. We are open Monday to Friday, 8:30 AM – 5:00 PM. After hour calls and texts will be answered! Please contact us if you have any questions.

Thank you!