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## **Harkeet S. Sappal, D.D.S. Endodontist**

Practice Limited to Conventional & Micro-Surgical Endodontics  
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### **Post-Operative Root Canal Instructions**

Please text message or call Dr. Sappal's cell phone tonight to let him know that you are doing well.

Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.

**Treat your tooth as a "sprained" ankle.** Any kind of constant pressure or chewing can cause further trauma to the tooth or the roots of the tooth. It is always best to be gentle to the tooth and not to chew anything on the side of the mouth where you have received treatment until the tooth has been completely restored by your general dentist.

**For 2-3 days, please DO NOT CHEW at all.** Examples of foods include: mashed potatoes, scrambled eggs, protein shakes, smoothies, ice cream, yogurt, soup, pudding, or jello.

You are able to brush and floss as normal but be careful and gentle around the area worked on.

If you are able, continue on **600 mg of Ibuprofen (Advil, Motrin) for every 6 hours, for 2-3 days** after the procedure in order to prevent the inflammatory process.

If more pain relief is needed, take 500 mg of Tylenol (or Norco, if prescribed) for every 6 hours, staggered 3 hours apart from the Ibuprofen.

**If you were prescribed an antibiotic, add a probiotic, such as Culturelle, to your diet to reduce gastrointestinal discomfort. Take the probiotic 2 hours after your first dose of the day of the antibiotic prescribed.**

If the opening in your tooth was restored with a temporary material, it is not unusual for a thin layer to wear off in between appointments. The temporary filling should be replaced with permanent filling material within 2-4 weeks to prevent leakage and reinfection. If you think the entire filling has come out, contact your endodontist.

Contact your endodontist right away if you develop any of the following visible swelling, allergic reaction, a return of original symptoms or your bite feels uneven.

A proper final restoration of the tooth is extremely important in ensuring long-term success. Contact your dentist within two weeks to arrange your next appointment.