



Guidelines for Post-Operative Pain Control

Following root canal therapy, it is normal to have some soreness in the area of the treated tooth for the next few days. This is due to a healing response at the root ends as well as the injection sites.

Depending on the condition of the tooth prior to the root canal, the healing phase may be swift or more prolonged. Be patient with this process, as it can take several days or up to a few weeks for proper resolution of symptoms. Even if you were not experiencing any pain prior to treatment, it is normal for you to experience some degree of discomfort. This tenderness is expected and is no cause for alarm. Most often, any remaining symptoms from the tooth will resolve in time. Generally, the tooth should be back to normal within a month after the completion of treatment.

To aid in your post-op pain control and recovery, the following over-the-counter medications can be used according to the following schedule (as indicated below):

- * Ibuprofen (Advil, Motrin, etc.) 600mg-800mg every 6 hours as needed for pain
- Acetaminophen (Tylenol) 500mg-1000mg every 6 hours as needed for pain

Ibuprofen should be considered the first line for pain management. Acetaminophen can be taken at the same time for maximum pain relief or staggered, if desired. Current studies suggest the combination of these medications has a comparable analgesic effect to prescription opioids, but with less side effects. For this reason, opioids are rarely, if ever prescribed. Doses indicated above are maximum doses, which should be decreased if sufficient pain control is able to be obtained with a lesser dose. As with any medications, please consult your physician regarding their use and any dosage modifications you may personally require. Listed dosages are the general guideline for healthy adults.

If swelling occurs, an antibiotic may be indicated to limit infection. If you experience symptoms of swelling, fever, or severe pain, please call our office at 435-674-7430.