Menlo Park Dental Excellence-ChauLong T Nguyen Dental Corporation

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POST OP ENDODONTIC INSTRUCTIONS
TOOTH # _____

Patient Name:_____Date:_____

It is normal for your tooth to be sore for the first few days after root canal therapy has been completed. Initially, soft foods are recommended, as they will provide less discomfort while chewing. The soreness may continue for up to one week. Your tooth may feel differently than your other teeth the second and third weeks. By the fourth week, it should feel like your other teeth.

During the treatment, your mouth may temporarily leave your jaw feeling stiff and sore and may make it difficult for you to open wide for several days, sometimes referred to as trismus. After the treatment, you may experience soreness and/or muscle spasms. You may need to exercise opening your jaw as normal and alternate hot and cold dry patches around the affected area as well as take the recommended dosage of Ibuprofen.

You have been given 800mg of Ibuprofen (brand name Motrin) to aid post-operative healing and to help manage any discomfort. This is an anti-inflammatory pain medication that will reduce the inflammation in the area that was treated. *Please take an additional 800 mg 3 times a day for the next 2 to 3 days as needed.* If Ibuprofen does not alleviate your symptoms, please call the office and let us know. If you are still experiencing discomfort after finishing the Ibuprofen, please call Dr. Nguyen for further instructions.

A very small percentage of patients (less than 5%) experience postoperative swelling in the area that was treated. If this happens, please contact our office immediately to speak with Dr. Nguyen.

For our female patients, there may be an interaction between antibiotics and oral contraceptives. If you are presently taking antibiotics or if our office prescribed them, please use alternative means of birth control for your entire cycle that month.

If you have any questions or concerns following your treatment, please do not hesitate to call our office. If you are contacting after hours or on the weekend, please call or text Dr. Nguyen directly at (650) 270-6834.