



4308 Main Street Whistler, BC, Canada, V8E 1A9

POST-OP ROOT CANAL TREATMENT INSTRUCTIONS

A root canal treatment is a relatively comfortable procedure. However, following your appointment you can expect to feel some degree of discomfort for a few days. This achy feeling should improve and generally disappear within a week. The amount and type of discomfort can vary for each tooth treated and is also unique for each person. Not all root canal treatments are painful. Please review the instructions below:

1. Do not wait for the freezing to wear off to take painkillers. If not directed differently by your dentist:
 - a) Take 2 Advil (400mg ibuprofen in total) every 4-6 hours until you go to bed
2 regular strength tabs = 400mg ibuprofen
1 extra strength tab = 400mg ibuprofen
 - b) Two hours after taking the ibuprofen, take 2 extra strength Tylenol, then 1 every 4-6 hours until you go to bed
2. Take any antibiotics as prescribed **until finished**
3. Try to only eat / chew on the other side of your mouth
4. If pain or swelling occurs, please call our office at **(604) 932-3677**

