



Post-Endodontic Treatment Advice

After treatment, the feeling of numbness usually lasts for 2-5 hours. During this time, please take care to avoid anything too hot, and try to chew on the opposite side. We advise that you wait one hour after treatment before eating or drinking.

You may experience some stiffness or soreness of the jaw after root canal treatment. This is perfectly normal after keeping your jaw open for so long. A hot water bottle or a wheat bag applied on either side of the face for 5 minutes before bed may help with any jaw pain. It is a good idea to avoid any chewy or hard foods (especially nuts or chewing gum) for a few days to allow your jaw to rest.

You may experience pain, a dull throb, and/or some discomfort from the tooth and surrounding area from chewing and biting for up to 7-10 days post-treatment.

The following pain-killer routine should deal with the pain and discomfort in most cases. (If you are unable to take Ibuprofen because of asthma, stomach or intestinal ulcers, or blood thinners, please only take Paracetamol).

Pain-killer routine:

- 2x 500mg Paracetamol every 4-6 hours with a maximum of 8 tablets in 24 hours.

If you are also able to take Ibuprofen, after eating (even if it is just a cup of tea and a few biscuits, or a glass of milk) please take:

- 2x 200mg Ibuprofen every 8 hours with a maximum of 6 tablets in 24 hours.

Always ensure to not exceed the manufacturer's recommended doses. Please read the instructions for the over-the-counter painkillers, to ensure that these do not interfere with any medication you take. You can also ask your pharmacist.

On rare occasions, the pain can be severe and be accompanied by swelling. This is called a "flare-up". If this happens, please contact the practice on 0121 709 1660.