

## PATIENT INFORMATION

### ROOT CANAL THERAPY AFTERCARE

It is normal to experience mild discomfort (aching / throbbing) after root canal treatment. The symptoms will normally last approximately 24 hours. Occasionally teeth that are severely infected may be uncomfortable for a few days. Fortunately, these symptoms are readily treated with simple analgesics such as Ibuprofen or Paracetamol.

- You have been given six 400mg Ibuprofen tablets. This is enough for **TWO DAYS**. (Recommended dosage **ONE** 400mg Ibuprofen Tablet every 6 hours: (maximum of **THREE** tablets per day).
- If you feel you need to supplement your Ibuprofen tablets, please do not take extra Ibuprofen such as Neurofen. You can supplement Ibuprofen with Paracetamol. **DO NOT SUPPLEMENT WITH ASPRIN.**
- It is advisable to avoid vigorous exercise (jogging, swimming etc) for the rest of the day.
- You can eat and drink normally from the time you leave the clinic.
- You may experience an 'antiseptic' taste from your tooth for a day or two, this is normal.

If you have any concerns or worries in the days following your root canal treatment please do not hesitate to call:

**Longborough Dental Practice**  
**01306882494**