

**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.

- 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 Nurofen. 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.

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**