

# Silicon Valley Endodontics & Microsurgery

Jason Kung, DDS, MS — Specialist Endodontist

(669) 234-2354 · 1565 Hollenbeck Avenue, Suite 106, Sunnyvale, CA 94087 · [svendodontics.com](http://svendodontics.com)



## After Your Root Canal — The First 48 Hours

*The right over-the-counter medications, on the right schedule, control almost all post-treatment discomfort. Put this on the fridge — the full guide (and this handout) lives at [svendodontics.com/after-your-root-canal](http://svendodontics.com/after-your-root-canal).*

### HAVE AT HOME

Ibuprofen 200 mg (Advil, Motrin) · Acetaminophen 500 mg (Tylenol) · Soft foods (yogurt, eggs, soup, smoothies) · Cold pack or bag of frozen peas

- 1 Take the first dose before the numbness wears off.**  
As soon as you get home — while you can still feel the numbness — take 600 mg of ibuprofen (three 200 mg tablets) with food. Starting before inflammation peaks is the single most effective thing you can do. Confirm the dose is safe for you with our office or your physician.
- 2 Alternate ibuprofen and acetaminophen on a fixed schedule.**  
For the first 24–48 hours: ibuprofen 600 mg, then three hours later acetaminophen 1000 mg, then three hours later ibuprofen again. This keeps something working at all times — trials show it outperforms most opioid prescriptions for dental pain, with fewer side effects. Do not exceed 3,000 mg of acetaminophen in 24 hours, and check other medicines (cold remedies, prescription pain pills) for hidden acetaminophen.
- 3 Eat soft foods and chew on the opposite side.**  
First 24 hours: yogurt, eggs, soup, smoothies, pasta. Chew on the opposite side from the treated tooth until your final crown or restoration is placed — the tooth is structurally weaker until then.
- 4 Cold pack for swelling — first day only.**  
If swelling appears on day one, apply a cold pack to the outside of your face: 15 minutes on, 15 minutes off. After 24 hours, switch to warm compresses if any swelling lingers.
- 5 Brush and floss normally — including the treated tooth.**  
Resume normal hygiene the same day. Be gentle around the treated tooth, but don't avoid it. Skip alcohol-based mouthwash for 24 hours.
- 6 Call us if pain gets worse instead of better.**  
Mild-to-moderate soreness for 2–4 days is normal and should fade. Call (669) 234-2354 right away for severe pain, pain that's worsening, or swelling or fever after the first day — usually a quick fix (often a small bite adjustment).
- 7 Schedule your final restoration with your general dentist.**  
A root canal isn't finished until the tooth is restored. Most teeth need a crown within 2–4 weeks — an unrestored tooth is at much higher risk of cracking or re-infection.

### A NOTE ON ANTIBIOTICS

Antibiotics are not routinely needed after a root canal. The AAE and the ESE both advise that antibiotics cannot cure a tooth infection — the treatment itself removes the source — and are reserved for specific situations (spreading swelling, fever, certain medical conditions). Take them only if we prescribed them, then finish the full course.

### Questions or worsening symptoms?

Call (669) 234-2354 — including weekends. Full aftercare guide: [svendodontics.com/after-your-root-canal](http://svendodontics.com/after-your-root-canal)

Silicon Valley Endodontics & Microsurgery · 1565 Hollenbeck Avenue, Suite 106, Sunnyvale, CA 94087

*Consistent with guidance from the American Association of Endodontists (AAE) and the European Society of Endodontology (ESE), including the ESE position statement on antibiotics in endodontics (Int Endod J 2018) and the ESE S3-level clinical practice guideline (Int Endod J 2023). Full sources: [svendodontics.com/after-your-root-canal](http://svendodontics.com/after-your-root-canal). General guidance only — follow any personalized instructions you were given, and confirm medication doses with our office or your physician if you have kidney, liver, stomach, or heart conditions, take blood thinners, or are pregnant.*