

Daniel J. Barton, D.M.D.  
(270) 737-6804

NON-SURGICAL ENDODONTIC POST-OP INSTRUCTIONS  
FOR CHILDREN

Patient Name \_\_\_\_\_ Tooth # \_\_\_\_\_

1. Your child's tooth and surrounding gum tissue may be tender for several days as a result of manipulation during treatment and the previous condition of their tooth. Expect tenderness to biting and chewing for 2-3 days following treatment, this could last up to 14 days or longer. The tenderness is normal and there is no cause for alarm. Your child should avoid chewing crunchy or hard foods on this side until the permanent restoration is in place.
2. Give your child some type of pain medication before the anesthesia wears off to help alleviate post treatment discomfort. We recommend giving Ibuprofen (Motrin/Advil). The Ibuprofen should be taken as directed on the bottle for the next **two to three days**, longer if they are still having discomfort. If he/she cannot take Ibuprofen, give them Tylenol as directed on the bottle.
3. If your child continues to experience discomfort, **alternate** the Ibuprofen (Motrin/Advil) with Tylenol. **There must be a minimum of 3 hours between these two medications.**  
Ibuprofen    3 hrs later →    Tylenol    3 hrs later →    Ibuprofen    3 hrs later →    Tylenol
4. If your child has been prescribed a narcotic pain medication (Tylenol #3, Hydrocodone), this medication should be taken **alone**. To prevent dizziness and nausea, your child should **lie down** after taking the pain medication.
5. **All pain medication should be taken with an 8 oz. glass of water.**
6. If Valium or any other sedative was prescribed for your child to take prior to their dental treatment, it may be necessary for them to rest for the next 24 hours due to the dizziness it may cause.
7. If antibiotics have been prescribed, this medication should be taken until gone.
8. Occasionally, localized swelling may follow root canal treatment. If your child experiences visible facial swelling or swelling accompanied by a fever, call the office for instruction. **Do not** apply heat to the outside of his/her face unless instructed to do so by this office.
9. If your child has been instructed to do salt water rinses, do so as follows: Mix 1 tsp. of salt in an 8 oz. glass of warm water. Have your child rinse every hour until the anesthesia wears off. After the anesthesia has gone, rinsing should continue after meals and before bedtime.
10. **All fillings placed in this office are temporary.** You will need to contact your child's referring dentist to schedule an appointment for the final restoration. For best results, appointments should be scheduled within 30 days of the completed root canal treatment (when possible).
11. If you have any further questions, please call the office.

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date