

ROOT CANAL POST OPERATIVE INSTRUCTIONS

What To Expect:

- Root canal therapy may take 1-2 appointments to complete. Be very careful not to bite or burn your lip, tongue, or cheek while numbness is still present, which may persist for several hours after your procedure.
- A temporary filling or crown will be placed to protect the tooth between appointments.
- It is common for a small portion of your temporary crown or filling to wear away or break off between appointments. This is not usually a problem, unless the entire filling or crown breaks or falls off. In this instance, please contact our office.

Protecting The Tooth:

- Avoid chewing sticky foods, especially gum.
- Avoid biting hard foods and hard substances, such as ice, peanuts, pretzels, fingernails, etc.
- If possible, chew only on the opposite side of the mouth.

IMPORTANT!!

- The last step following root canal therapy is to place a crown on the tooth, which covers and protects the tooth from breaking. It is **critical** to have a crown placed on the tooth as soon as possible to avoid fracture, unless otherwise noted by your dentist.
- **Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of the tooth.**
- If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our office.
- While flare-ups are rare, they do occur in about 5% of cases and may cause significant pain. They generally occur with teeth that are extremely irritated and/or infected, or with teeth that have a history of prior treatment. These flare-ups sometimes occur randomly, even on patients that have had root canal therapy completed in the past without complications. If you have a flare-up, you may experience moderate to severe pain, swelling, throbbing, or general discomfort. Please contact our office. You may be prescribed additional medication such as antibiotics, and/or you may be asked to come to the office for further treatment.

Pain Management:

- It's normal to experience some discomfort for several days following root canal therapy, especially when chewing. It is not uncommon for the tooth to be uncomfortable or elicit a dull ache immediately after receiving root canal therapy. Any discomfort or pain should subside within days (or even weeks). Even if you did not experience any discomfort prior to treatment, it is normal for you to experience

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some degree of discomfort for several days following treatment. Tenderness is normal, and is no cause for concern.

- Take pain medication as recommended by your dentist. We typically provide our Pain Management Protocol which includes the use of Ibuprofen and Tylenol, but may modify this recommendation based on medical history. If antibiotics are prescribed, complete the entire prescription, even if symptoms have subsided. Failure to do so may result in antibiotic resistant bacteria, a flare up, or persistent/chronic infection that may require re-treatment.
- Apply an ice pack to your face in the area of treatment for 20 minute intervals, for 6-8 hours following treatment to reduce inflammation.
- To further reduce any pain or swelling, rinse with warm salt water 3 times per day. Dissolve 2 teaspoons of salt in 8 ounces of warm water, rinse, swish, and spit.
- It is important to continue to brush and floss normally.