

ROOT CANAL THERAPY POSTOPERATIVE INSTRUCTIONS

- ❖ DO NOT eat or drink anything for the next half hour. DO NOT try to feel around your tooth with your tongue. You have a temporary filling in the tooth and it takes about half an hour to harden.
- ❖ DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling and crown has been placed on the tooth. The tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth, which could also result in loss of tooth.
- ❖ **You need to have a permanent filling and a crown placed on your tooth shortly after the root canal has been completed.** It is essential for you to follow up with your general dentist on this. If this is not done, the tooth is very likely to fracture or to develop new decay underneath the temporary filling which may cause your root canal to fail. *You will be responsible for all costs incurred if you fail to follow this instruction.*
- ❖ It is normal for the temporary filling to “divot” in with use. It is very rare for it to fall out entirely. If the temporary falls out you should contact our office as soon as possible. If it happens when our office is closed, we recommend you purchase some temporary filling material from any pharmacy and place a dab in the tooth until you have an opportunity to see us at our office.
- ❖ *Some minor discomfort in the area is normal following the root canal. It is normal for the tooth to be uncomfortable for up to 10 days after today’s treatment.* Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for **a few weeks** post treatment. Most common discomfort following root canal treatment is soreness when biting down on firm or hard foods, in which you will try to avoid anyway.
- ❖ If you do develop pain following root canal treatment we recommend taking analgesic/anti-inflammatory such as Ibuprofen 600 mg (3 over the counter pills of Advil or Motrin or generic equivalent) every 6 hours for the next 2 days. If you are unable to take Ibuprofen then take Acetaminophen 1000 mg (2 extra strength Tylenol or generic equivalent) every 6-8 hours for the next 2 days. If you can’t manage the pain with any of the above methods, please contact our office immediately to inform your doctor of your discomfort.
- ❖ If you are given any prescription medications related to this treatment please take them as instructed by your doctor.
- ❖ You may floss and brush your tooth as normal, unless told otherwise by the doctor.
- ❖ If you have any questions or concerns, please contact our office. Thank you for trusting us with your endodontic care and we look forward to serving you or anyone you refer to us in the future with the same courtesy and respect.