



ROOT CANAL TREATMENT POST-OP INSTRUCTIONS

It is not uncommon for a tooth to be uncomfortable or painful after receiving root canal treatment. This should subside within 7-10 days. Occasionally the treated area may become slightly swollen; this is a result of inflammation. Anti-inflammatory medication is helpful in reducing this temporary healing process.

Your tooth will be sensitive to biting, pressure and may even appear to feel loose. This feeling is a result of the sensitivity of nerve endings, and bruised ligaments in the tissue just outside the end of the root. This should subside within 7-10 days.

You may feel a depression or rough area where the entry to the canal was made. There is a soft, temporary material in that area, which may wear off to some degree before your next visit.

The removal of the pulp of the tooth will prevent sensitivity to hot, cold and decay. This does NOT protect the tooth against further cavities. In order for the best possible results to be achieved, we ask that you follow these instructions:

- Whenever possible, try to chew on the opposite side from the tooth that was treated, or until the tooth has a final restoration. Your tooth is weakened and could fracture if a permanent restoration is not placed as soon as possible.
- Please avoid chewing gum, caramels, popcorn, or other sticky, soft candy, which could dislodge the temporary material or fracture your tooth.
- You should begin taking pain medication as needed. The prescribed medication should be taken as directed. Suggestions for over the counter pain medications: Tylenol or Extra Strength Tylenol may be taken every 4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Do not take any said medications if you are allergic or have been instructed not to. Do not take Aspirin or aspirin containing products as they are not advisable, as they tend to increase bleeding from the area that was treated. If pain medication has been taken and pain persists, please call our office.
- Sometimes antibiotics are prescribed to help control infection. Please take medication as directed.
- After root canal treatment the tooth becomes weakened, making it imperative to protect the tooth with a final restoration known as a crown. Delay in reconstruction of the tooth can result in contamination of the root canal filling or outright fracture and loss of the tooth. This can happen in as little as a few weeks. Do not wait. The doctor cannot be responsible in cases where excessive delay in reconstruction has occurred.

It is very important for you to call us should you experience symptoms more intense, or of longer duration than those described above; if you encounter significant post-operative swelling; develop a fever; rash or numbness; when biting it feels "high", or if you have any questions or concerns.