



ROOT CANAL POST-OP INSTRUCTIONS

Your endodontic treatment (root canal) is now complete. The canals inside the roots have been cleaned, irrigated, medicated and permanently sealed. The opening in the tooth through which root canal treatment was done has been sealed with a filling and your tooth has been prepped for a crown. You have been sent home with a temporary crown

WHAT TO EXPECT:

- It is not uncommon for a tooth to be uncomfortable or to even exhibit a dull ache immediately after receiving root-canal therapy. This should subside within a few days (or even weeks). This occurs because of conditions, which existed before treatment was started. Experience shows that if there was pain prior to treatment there may be a degree of pain that will continue for a few days after the procedure.
- Remember that pain radiates. You may feel sensations of discomfort that are not related to the treated area during the healing process. This can be created by inflammation in this area and/or due to increase in blood volume that naturally occurs in the 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-ending in the tissue just outside the end of the root, where we cleaned, irrigated and placed filler and sealer material. Discomfort in this area for a few days to a couple of weeks is common.
- Warm saltwater rinses for the next two days will help
- We will have you return to the office once your permanent crown comes in, so that the permanent crown can be delivered

WHAT TO DO AT HOME:

- Please do not chew or attempt to eat on the side of your mouth that has been worked on while this area is still numb.
- Eat a soft diet for at least two days and remember not to chew on the treated side. Avoid very hot or cold foods during the healing process.
- Please avoid crunchy or hard foods which could cause the tooth with the temporary crown to fracture.
- You can place an ice pack over the area where the procedure was done for 30 minutes when you first get home to minimize swelling. From there, you can apply the ice pack (or use frozen vegetables like peas) every hour for 10-15 minutes during the first 4-6 hours.
- Sleep with your head in an elevated position for the first few nights if you do not have any physical limitations.

MEDICATIONS:

- We recommend you take something for pain-relief/sensitivity within **one hour** of leaving our office. This will allow the medication to get into your blood system before the anesthesia we administered begins to subside. Generally, only one dose is needed.
 - We recommend **ibuprofen (Advil/Motrin)-800 mg (four tablets)**. Two to four tablets may be taken four times a day for the next 3-4 days to help control the sensitivity in this area. If you have a medical condition or gastrointestinal disorder which precludes ibuprofen, acetaminophen (Tylenol, Excedrin) is a substitute, although it does not contain antiinflammatory properties

***** Aspirin and aspirin-containing products are NOT advisable, as they tend to increase bleeding from the area that was treated. *****

- Please take prescribed medication (antibiotics and /or pain medication) as directed. **Please take the full course of antibiotic medication.** If you were given a prescription for pain, it is meant to help you with more serious discomfort and only for a couple of days.