



POST-OP INFORMATION FOR ROOT CANAL THERAPY

- Please do not bite or chew until the **numbness** wears off. We do not want you to hurt yourself.
- **Do not chew heavily** on this tooth until treatment is complete and a crown is placed on the tooth. The tooth may be sensitive to biting pressure until the procedure is complete. Also, the tooth is now more prone to fracture as a small hole was made in the tooth in order to access the nerve tissue.
- If you have been prescribed **antibiotics**, please take them as prescribed until you finish off the entire bottle. This helps to control infection.
- It is **not uncommon for a tooth to be uncomfortable** or exhibit a dull ache immediately after receiving root canal therapy. This may take a few days and maybe as long as several weeks to subside. This occurs because of conditions which existed before treatment was started, such as inflammation of the nerves around the tooth and/or an increase in blood volume in the area which is part of the healing process. We recommend you take something for **pain relief** within one hour of leaving our office, preferably before the anesthesia we administered wears off. Ibuprofen (Advil, Motrin, etc.) works well. Two to four 200mg tablets may be taken every 4 hours for the next 3 to 4 days to control discomfort in the area. If you are allergic to ibuprofen, acetaminophen (Tylenol or Excedrin) is a substitute but is not an anti-inflammatory pain reliever. Aspirin and aspirin containing products are NOT advisable. If you have severe discomfort, a prescription pain medication may need to be prescribed.
- If you experience **swelling** and/or worsening **pain** between root canal treatment appointments, please call the office. You may need further treatment.
- A **temporary filling** has been placed in the tooth where treatment was rendered. This is only meant to last a short time. From chewing, the temporary filling will become compressed and “pushed down” into the access hole and may feel as if it has “fallen out”. It has not.
- No two teeth are alike and therefore **no two root canal treatments are alike**. Just because root canal treatment you had in the past may or may not have been eventful doesn’t mean something is wrong if this tooth reacts differently.
- When root canal treatment is complete, a **crown** and **build-up restoration** is necessary to prevent contamination and fracture of the tooth which can result in failure of the root canal therapy, need for gum surgery or potential loss of the tooth. Current guidelines issued by the *American Association of Endodontists* (root canal specialists) recommend placement of the crown **within 30 days** of treatment. *Delay in obtaining the final restoration (usually a crown) may result in possible loss of the tooth!*
- Please **keep all appointments** if more than one is needed to complete treatment. This will help assure successful treatment.
- If you have any **problems** or **questions**, please call our office.