

WHAT TO EXPECT AFTER ROOT CANAL TREATMENT AND POST-OP INSTRUCTIONS

1. 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.
2. 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.
3. You may feel a depression or rough area (on top of a back tooth or the back of a front tooth) 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.
4. 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.**
5. In order for the best possible results to be achieved, we ask that you follow these instructions:
 - **Ibuprofen (Advil, Motrin)** 3-4 tablets at 200 mg each is recommended. (maximum of 800mg per dose for the average adult)

If you cannot take Ibuprofen because of a medical condition or a stomach disorder you may take

- **Acetaminophen (Tylenol)** 1- 2 tablets at 500mg each instead, although it does not contain anti-inflammatory properties.
- **Naproxen (Aleve, Midol, Pamprin, Naprosyn)** 2 Tablets daily of Aleve may be used instead of Ibuprofen or Acetaminophen for the average adult.

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

- A. 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.
- B. Please avoid chewing gum, caramels, popcorn, or other sticky, soft candy, which could dislodge the temporary material or fracture your tooth.
- C. Sometimes antibiotics and painkillers are prescribed to help control infection, and pain. Please take all medication as directed.
- D. **Call your dentist today to schedule an appointment for a crown or filling within the next 4-5 weeks. Reconstruction of the tooth is your dentist's responsibility. 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.**
- E. If we did not complete your root canal today and you are scheduled to return to our office for completion make sure you schedule to see your dentist within 4-5 weeks after your final appointment with us.

It is very important for you to call us directly 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 not addressed in this letter.