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Root Canal Post Operative Instructions

This sheet will go over some information about what to expect for the next few weeks now that the root canal procedure has been completed. Please follow the instructions outlined below and contact us should any questions or problems arise.

1. **AVOID** biting or chewing anything until the numbness wears off. You could easily bite your tongue or cheek.
2. You should have a crown placed on your tooth within **1 MONTH** of the root canal being completed. It is essential for you to follow up with your dentist on this. If this is not done the tooth is likely to fracture or could develop new decay around the temporary filling, which could cause your root canal to fail.
3. **AVOID** using the tooth to bite down on anything hard (peanuts, pretzels, candy, ice, etc.) until the permanent crown has been placed on the tooth. This is to avoid possible breaking of the tooth and filling (core buildup)
4. Some minor discomfort in the area is normal following the root canal procedure. It is normal for the tooth to be uncomfortable for several days after treatment. Your tooth will take some time to heal. Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for a week post treatment. The most common reasons for post treatment pain are:
 - inflammation/infection in the bone around the tooth
 - sore jaw joint from having your mouth open for a prolonged time.
 - sore muscle from the anesthetic injection site.
 - sore gum from the rubber dam placement.
5. **WHAT DO I DO ABOUT PAIN?** It can be handled primarily with over-the-counter medications. We recommend you take: 600mg ibuprofen (3 Advil or the generic equivalent) **AND** 500mg Acetaminophen (1 Tylenol) every 4-6 hours as needed for pain. Take these at the same time. Studies have shown that this medication combination is comparable to narcotic medication for post-surgery pain management, without the same potential for nausea, dizziness, addiction, etc.
6. ***If you are unable to take ibuprofen***, take 500mg Acetaminophen (Tylenol) every 4 hours as needed for pain. Do not exceed 3000mg in a 24hr period.
7. 90% of the time this is enough to manage your discomfort. If it is not, please contact our office and we will discuss other prescription options.
8. If you are prescribed medication related to this treatment, please take them as instructed by our office.
9. You may brush your tooth as normal, unless told otherwise by the dentist.

FLARE-UPS

Although about 90% of root canals cause little discomfort after treatment is completed, there are some cases which can cause significant pain. They mostly occur on badly infected/abscessed teeth, teeth that are extremely irritated, or teeth that have a history of prior endodontic treatment (retreatment). Sometimes, however, they occur randomly, even on patients that have had successful root canal procedures performed previously without problems.

Every tooth and every situation are different.

If you have a flare-up, you may experience moderate to severe pain, swelling, bruising, throbbing, and general discomfort, which could last for several days. Please contact our office if you experience any of these symptoms.