

# AFTER ROOT CANAL TREATMENT

## AFTER THE TREATMENT:

- Your anesthesia will wear off in a few hours. Refrain from eating until your anesthesia wears off to prevent possible injury to your lips and cheeks.

## DISCOMFORT:

- Discomfort or soreness in the area is normal for a few days or even weeks. Your gums might feel sore, and your tooth might be tender to biting or chewing. Discomfort is typically due to the existing infection/inflammation and can range from mild to severe. Such discomfort does not typically affect or predict the outcome of the treatment and will reduce/resolve as the area heals.
- To reduce discomfort, take 2 tablets of over-the-counter Tylenol, Motrin, or Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If necessary, you can alternate Tylenol and Advil every three hours as needed for pain relieve. To avoid nausea, do not take any medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as directed to facilitate healing. If you were given a prescription for pain medication, take it as needed for severe discomfort only. Discontinue taking prescription pain medication after a few days or when no longer needed for severe pain and dispose of any remaining pain medication.
- Rinsing with warm salt water several times per day (1 teaspoon of salt per glass of warm water) can also reduce discomfort.
- In the unlikely event that swelling, fever, or severe pain should occur, please call our office immediately.

## TEMPORARY FILLING:

- A temporary filling has been placed in the entry made into your tooth. It is normal for a thin layer of the temporary filling to be chewed away between appointments. An unusual taste can be expected. It's important that your temporary filling stays intact until the placement of a permanent restoration. **Please avoid hard sticky foods and chew on the opposite side of the mouth.** Please call our office right away if the entire temporary filling comes out.

## FINAL RESTORATIONS:

- A crown or another permanent restoration should be placed shortly after the root canal therapy is completed. Teeth are fragile after root canal therapy and may fracture if not covered with a strong permanent restoration like a crown. Crown placement not only protects a root canal treated tooth from future fractures and decay, it also protects the root canal filling from possible contamination and reinfection. Delays in covering your recently treated tooth with a permanent restoration may result in a possible loss of the tooth or require re-treatment of the root canal.
- As part of our service to you, we recommend that you return to this office in approximately 6-9 months for re-examination to determine that healing is progressing normally. There will be no additional fee for this service.

**IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE. (661) 273-3600**