



Post Operative Root Canal Instructions: Congratulations to you for your commitment to your oral health. These instructions are provided for you to create a more comfortable after visit experience. Please feel free to contact us for additional information or instructions.

- 1) After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off.
- 2) During root canal treatment, the tooth nerve, blood supply, and decayed tooth structure are removed. This results in the tooth becoming more prone to fracture. You should not chew or bite on the treated tooth until you have had it permanently restored (usually with a crown). Be gentle with the tooth while eating; stay away from foods that may break the temporary filling or the tooth (i.e. popcorn kernels, carrots, chips, all hard foods, sticky or chewy foods). Restorations should be completed on a timely basis. Root canal failure can occur if treatment is not completed in its entirety.
- 3) For the first few days after treatment, the treated tooth may feel sensitive or hurt when chewing - especially if there was pain or infection before the procedure. Discomfort and swelling of the affected side may occur for 24 to 48 hours. Tenderness when chewing may persist for up to two weeks. Ibuprofen (i.e. Advil, Motrin) 400-800mg every 6 hours usually will provide sufficient pain relief. Be sure to take this with food. Additional medications will be prescribed if needed. To further reduce pain and swelling, rinse three times a day with warm salt water (dissolve a teaspoon of salt in a cup of warm water).
- 4) Antibiotics may be prescribed for infection. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. If there are signs of an allergic reaction (i.e. rash, itching, unusual swelling), stop taking the medication immediately and call the office. If the reaction is severe (i.e. difficulty breathing), go to the nearest Emergency Room.
- 5) It's important to continue to brush and floss normally. If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call the office. (360-861-8318)