

ENDODONTIC POST TREATMENT CARE

Root canal therapy was provided for you today. Root canal treatment involves treating the diseased internal part of your tooth which is the pulp chamber and all the individual canals in your roots. This treatment may involve one or more visits depending on your individual needs and the architecture of the nerve chamber. It is very important to follow your dentist's directions in setting up your appointments so your root canal treatment can be successful. Delaying treatment can result in the root canal failing and the loss of your tooth.

- Your tooth may be very sore initially and will continue to be tender for a number of days following treatment. Your experience can vary much depending upon the type of endodontic condition being treated, but generally you should expect a gradual reduction in your symptoms over the next several days. This tenderness is part of the natural healing process and usually responds very well to over the counter anti-inflammatory medications (NSAIDS) like ibuprofen, acetaminophen, etc. It is generally recommended that you begin taking these analgesics before the local anesthetic wears off and continue taking the medication at the directed dosage for the remainder of the day and a few days following treatment.
- During the root canal procedure, the nerve chamber is cleansed out and a rubber filling is placed, causing the tooth to be more brittle and as such, care needs to be taken when chewing or biting.
- Medicaments may be placed in the tooth between appointments to help healing. A temporary filling material has been placed in the opening in the tooth. It will firm up within the next 30-60 minutes but is not able to withstand normal chewing. It is not unusual for a small portion of this material to be lost or washed-out between appointments, but if you become concerned that all of the filling has come out or is loose, please call our office when convenient. Do not be concerned about the presence of a slight medicinal taste around this tooth.
- Avoid chewing on the tooth being treated while it is tender and avoid chewing foods or drinking hot beverages while still numb from local anesthesia as you may hurt/burn your tongue, cheek, or lip. Also, your jaw may be sore from keeping your mouth open from today's appointment and this also responds very well to over the counter analgesics and a soft diet.

- Soon after the root canal treatment, a final restoration needs to be done to protect the tooth. For most teeth, this will involve placing a dental crown. Until the final restoration is placed, be very careful eating on the tooth since endodontic treatment can make the tooth more brittle and, as such, more susceptible to breakage. Broken or fractured teeth can complicate further treatment and in some cases, may require the tooth to be removed.
- In some cases, your dentist may prescribe a prescription pain medication for you; this can cause you to be drowsy and so please be careful with driving or operating power machinery. If antibiotics have been prescribed for you, please make sure that you take ALL the medication as prescribed. If you have any further questions regarding your root canal treatment, please feel free to contact us.

- The treated tooth may feel different from your other teeth for some time. If your symptoms do not improve or do get worse, or should you develop any severe pain or swelling or any other condition of concern to you, please contact our office immediately for instructions. If you have any questions regarding your root canal treatment, please feel free to contact our office. If after normal business hours, please listen to the recorded information and contact the doctor with the emergency number