



## **Root Canal Post-Operative Instructions**

**These instructions will guide you through the first few days of recovery.**

All patients heal differently - listen to your body. If something hurts, do not do it!

### **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. Take recommended pain medication before the numbness wears off to help you maintain an acceptable comfort level. Be sure to take any medication as prescribed to help the area heal.

### **DISCOMFORT**

Discomfort or soreness in the area is normal for a few days or even weeks. It can range from mild to severe. This occurs because of existing infection and inflammation of the gum and tooth ligaments as well as the manipulation of the tooth during treatment. The gums may be sore and the tooth is often tender to biting or chewing. Over the counter analgesics such as Ibuprofen, Advil, Aleve, Aspirin, Excedrine, and Tylenol should relieve most of the discomfort.

Rinsing with warm salt water several times per day (1 teaspoon of salt per glass of warm water) will help. Discomfort in the area in no way affects the successful outcome of treatment.

If antibiotics and/or pain medications were prescribed, please take them as directed. If you were given a prescription for pain, it is meant to help you with more serious discomfort only for a couple of days.

In the unlikely event that swelling, fever, or severe pain should occur, please call this office promptly.

### **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. Should all of the temporary filling come out please call our office. It's important that your temporary filling stays intact until the placement of a permanent restoration.

## FINAL RESTORATIONS

A crown or another permanent restoration should be placed shortly after root canal therapy is completed. Teeth are usually 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 re-infection. 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.

### What Can I Do For Pain?

Some discomfort is normal after surgery.

To minimize pain and swelling take **600mg ( 3 tablets) Ibuprofen** (ex. Advil or Motrin) every 8 hours for the first 3-4 days post surgery combined with **Tylenol Extra Strength (500mg)** Take the first dose before the anesthesia wears off.

If prescription pain medication is given, take it as instructed on the label. Do not exceed the dose on the label.

Taking medications with food or milk will help reduce upset stomach.

Avoid driving or operating heavy machinery when taking prescription pain medication.

Do not drink alcohol while taking prescription pain medications.

MEDICATIONS: Along with pain medication you will be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed

**IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US 313-884-3050 AS SOON AS POSSIBLE.**