

Post-Treatment Instructions

POST-TREATMENT INSTRUCTION AFTER INITIAL TREATMENT

The endodontic or root canal therapy can save your tooth and relieve the pain you may have been experiencing. However, it is not uncommon to experience some discomfort after the first treatment. The tooth and its surrounding tissues may have been irritated by the infection that was present. The manipulation of the tooth and its supporting tissues during treatment may also produce minor irritation.

Please follow the following instructions:

- Do not eat anything for one hour and then eat soft foods for the rest of the day.
- It is advisable to chew on the other side until treatment is completed.
- Warm salt water rinses (1/2 tsp of salt in 8 oz of water) may also help with the healing process. Repeat rinsing every 4-6 hours.
- Discomfort may be alleviated by taking ibuprofen (Advil), aspirin, Aleve, or acetaminophen (Tylenol) as directed. Alternating ibuprofen (600mg) with extra strength Tylenol (1 tab) every three hours for three days is recommended unless you are allergic to them.
- Should you experience discomfort that cannot be controlled with the above listed medications, or should swelling develop, please contact our office immediately.
- Occasionally some discomfort is experienced with a change in altitude, such as air or mountain travel.

POST-TREATMENT INSTRUCTION AFTER COMPLETION OF TREATMENT

Your root canal treatment is now completed. The canal or canals have been sealed and nature must now have time to repair the damage that the original infection produced. Do not chew on the tooth for 1-2 weeks until all the tenderness is gone. The tooth may be slightly tender for several days. Alternating ibuprofen (600mg) with extra strength Tylenol (1 tab) every three hours for three days is recommended unless you are allergic to them. Should you have persistent pain or swelling, or any condition which causes you concern, please call our office at any time. Although the root or roots are permanently sealed, the outer surface is filled with "temporary" filling. It is hard and may last for many weeks, but it is advisable to **see your regular dentist within 2 weeks** to restore the tooth permanently. It is not wise to wait for a permanent restoration because bacterial leakage can occur and root canal can be re-infected if the tooth is left un-restored for over four weeks. If final permanent restoration is placed in a timely manner, healing will almost always take place. A final permanent restoration (i.e. permanent filling, crown) will give the tooth its necessary protection. A complete report of treatment and your x-ray will be sent to your general dentist. Please contact your dentist to schedule your permanent restoration.

With proper care, your restored tooth can last a lifetime. We hope that saving your tooth by endodontic (root canal) treatment has been a positive experience.

Thank you for the opportunity to help save your teeth.