

POST TREATMENT INSTRUCTIONS **- ROOT CANAL TREATMENT -**

Your Root Canal Treatment is NOT Complete:

- The treatment on your tooth is **not** complete. It is essential that you return to your general dentist for completion of treatment to seal the root canal and the tooth.
- Avoid eating for the first hour following the procedure, and then eat soft foods for the rest of the day. It is advisable to chew on the opposite side until treatment is complete. The tooth will likely be tender to chew on for a few days, and this may last up to a month. Occasionally, symptoms do not resolve, and should this occur Dr. Sulte would be happy to discuss this with you further.
- The outer surface is filled with a *temporary* cement. This is not intended to be a permanent restoration for your tooth, and should be replaced with a permanent filling after your root canal is completed. All teeth behind the canines or "eye teeth" will require a crown to protect the tooth. It is important that this process be completed in a timely manner. Delay in obtaining a final restoration may result in fracture and/or possible loss of the tooth.

Discomfort:

- Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort ranging from mild to severe for a few days to a couple weeks. This tenderness is normal and is no cause for alarm.
- Discomfort may be alleviated by taking ibuprofen (Advil, Motrin), naproxen (Alleve), or acetaminophen (Tylenol) as directed by the doctor. Warm salt water rinses (1/2 teaspoon of salt in 8 ounces of water) may also help.
- *We advise taking 600-800 mg of ibuprofen (3-4 tablets of Advil) every six hours for 2-3 days following treatment. Taking an analgesic before the numbness wears off may help maintain an acceptable comfort level. Ibuprofen (Advil) is an anti-inflammatory that will help reduce inflammation around the ligament of the tooth and allow the tooth to heal more quickly. If you are unable to take ibuprofen (Advil), you may substitute 500mg Tylenol (1 extra strength tablet) every 6 hours.*
- Should you experience severe discomfort that cannot be controlled with the above medications, or should facial swelling develop, please contact our office.

Swelling Infection:

- Although it is impossible to predict with certainty, post treatment swelling/infection is not expected to occur after endodontic treatment. Thus, routine antibiotic treatment is not warranted.
- However, research has shown that approximately 2-6% of root canal treated teeth will experience severe symptoms of pain and/or swelling. These symptoms generally arise within 2-4 days after endodontic treatment (termed a "flare-up"), and should this occur, please contact our office for further management of these symptoms.

By checking the box that follows, you acknowledge that you read, speak and communicate English and that you have received adequate information about the treatment, you understand this information, and that all your questions have been answered fully.