

## AFTERCARE FOLLOWING ENDODONTIC (ROOT CANAL) TREATMENT

- See Your Dentist

After root canal treatment is complete, it is necessary to return to your dentist to restore your tooth with a permanent crown, filling, or bridge. This should be done as soon as possible (no longer than four weeks). Until the tooth is permanently restored it is susceptible to fracture and decay which may result in the loss of your tooth.

- Avoid Chewing on the Tooth

Because the tooth is susceptible to fracture, you should avoid chewing on the tooth to protect it until your dentist restores the tooth with a crown (or filling if an existing crown is present).

### What To Expect

- Numbness - The area around your tooth will be numb for the next two to five hours. Be careful not to bite your cheek or lip until the anesthetic has worn off.
- Temporary filling - A temporary filling was placed to close the opening in your tooth. It may feel rough or like there is a depression on your tooth. The surface of the temporary may wear away, which is normal.
- Pain - As with any medical or dental procedure, it is normal to have discomfort following endodontic treatment. Most commonly there will be tenderness to biting pressure or a general soreness in the area. Pain following endodontic treatment typically diminishes within 3-5 days and usually subsides by one week.
- Pain Relief
  - Mild pain:
    - Take 400-600mg of ibuprofen (2 or 3 Advil®, Motrin®) every six hours (not to exceed 3200mg per day).
    - If you are unable to take ibuprofen, 500-1000mg of acetaminophen\* (1 or 2 Extra Strength Tylenol®) every four to six hours (not to exceed 3000mg per day).
  - Moderate to severe pain:
    - Take 600mg of ibuprofen and 1000mg of acetaminophen\* at the same time. If this does not give you adequate pain relief, please contact us for advice.
  - Note that when taking acetaminophen (Tylenol®, Excedrin®, or other acetaminophen- containing medications (Vicodin®, Norco®), etc.), alcohol consumption is not recommended.

### When To Call

- Swelling – If you have significant post-operative swelling please contact us. If you were prescribed an antibiotic, it is important to take the entire course, until they are gone.
- Severe Pain – A small percentage of root canal treated teeth can go through what is called a “flare-up” where there could be significant pain and/or swelling for 2-3 days. Please call us.
- Prolonged or Lingering Pain – If your pain is not improving after a few days please contact us.
- Temporary Filling Loss - If your temporary filling or crown comes off or gets dislodged, it is important to contact our office and schedule a visit to replace it to protect the root canal from contamination.
- Tooth Fracture – If you suspect your tooth has fractured, please call the office and schedule a visit so that we can take a look at the tooth.
- Concerns or Questions – If you have any other concerns or questions don’t hesitate to call.