

Post-Op Instructions

Root Canals

First of all, congratulations, you made it through the root canal! Hopefully, considering the circumstances, you had a pleasant experience. That truly is our goal. This sheet will go over some information about what to expect for the next few weeks now that the root canal is completed. Please follow the instructions outlined below and contact us if any questions or issues arise.

1. DO NOT eat or drink anything for the next half hour. DO NOT try to feel around your tooth with your tongue. You have a temporary filling in the tooth and it takes about half an hour to harden.
2. You need to have a permanent filling or a crown placed on your tooth within 1 month of the root canal being completed. It is essential for you to follow up with our office on this. If it is not done, the tooth is very likely to fracture or to develop new decay underneath the temporary filling which may cause your root canal to fail. You will be responsible for all costs incurred if you fail to follow this instruction.
3. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling/crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth.
4. It is normal for the temporary filling to “divot” in with use. It is very rare for it to fall out entirely. If the temporary falls out, you should contact us as soon as possible. If it happens when the office is closed, we recommend you come in or call us the following day.
5. Some minor discomfort in the area is normal following the root canal. It is normal for the tooth to be uncomfortable for 2 to 3 days after today’s treatment. Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for a few weeks post treatment. The three most common reasons for pain are:
 - o Sore jaw joint from having your mouth open for a prolonged time
 - o Sore muscle from the injection site
 - o Sore gum from the rubber dam placement
6. For pain, we recommend you take 600 mg ibuprofen (3 over the counter pills of Advil or Motrin or generic equivalent) every 6 hours. 90% of the time this is enough to handle the discomfort. If it is not, please contact our office and we will ensure you are comfortable.
7. If you are given any prescription medications related to this treatment, please take them as instructed by your doctor.
8. You may floss and brush your tooth as normal, unless told otherwise by the doctor.



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PLEASE READ THE LAST SECTION IT IS VERY IMPORTANT!!!

FLARE-UPS

Although about 95% of root canals cause very little to no discomfort after the treatment is completed, there are about 5% of cases which can cause significant pain. These are commonly referred to as “flare-ups”. They mostly occur on badly infected teeth, teeth that are extremely irritated or teeth that have a history of prior treatment. Sometimes, however, they occur randomly, even on patients that have had several root canals done previously without any problems.

If you have a flare-up you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and general discomfort, which usually begins a few hours after treatment and may last 2 to 3 days.

Don't hesitate to call us if you have any concerns about complications from your treatment.



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