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POST-OPERATIVE INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

First of all, congratulations, you made it through the root canal! Hopefully you had a pleasant experience, considering the circumstances. 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 should any questions or problems arise.

1. DO NOT eat or drink anything for the next 30-60 minutes. DO NOT try to feel around your tooth with your tongue. You have a temporary filling in the tooth that takes about an hour to harden.
2. You need to have a crown placed on the tooth within 1 month of the root canal being completed. If this is not done, the tooth is very likely to fracture or to develop new decay underneath the temporary filling which may cause the root canal to fail.
3. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the 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 filling does fall out, you should contact our office as soon as possible. The tooth must remain sealed with a temporary until the final restoration is placed; otherwise bacteria can start to creep down into the canal and may result in root canal failure.
5. Some minor discomfort in the area is normal following the root canal. **It is normal for the tooth be uncomfortable for 2-3 days after today's treatment.** Sometimes, depending on the circumstances, **the tooth and surrounding tissue may remain sore for a few weeks post treatment.** The three most common reasons for pain are:
 - Sore jaw joint from having your mouth open for a prolonged time
 - Sore muscle from the injection site
 - Sore gum from the rubber dam placement or depth of the decay.
6. You should brush and floss your tooth as normal, unless told otherwise by your dentist or dental assistant.

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.

Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, or you may be asked to come in to the office to receive further therapy.

Please contact our office with any further questions or concerns. (403) 235-2282