



ROOT CANAL THERAPY POST OPERATIVE INSTRUCTIONS

Phone Number: 651-426-9499. Please don't hesitate to contact our office if you are concerned about anything following your appointment. If it is after-hours, our voicemail will direct you as to how to contact one of our doctors on call. If you believe you are experiencing an infection-related emergency that necessitates immediate treatment please go to your local emergency room.

What to expect post root canal therapy?

- Our hope is that you feel less pain and discomfort immediately following root canal therapy than you were experiencing before treatment. However, every tooth and situation are unique and sometimes the area we worked on will be very tender and sensitive following treatment. This can be due to inflammation or infection in the area and may take several days to improve. This post-operative pain is normal and to be expected following treatment. If you believe you are experiencing excessive pain and discomfort, please contact us.
- Following the instructions listed on this document and taking any prescribed or recommended medications appropriately typically aids in reducing healing time and post-operative discomfort.
- Often times, but not always, a crown is recommended for a tooth with root canal therapy. This is because typically a tooth requiring root canal therapy has had extensive fracture, a large cavity, or a large previously placed filling and is at risk for fracture or breakdown without placement of a crown. We will usually discuss whether or not a crown is recommended before beginning treatment but if you have any questions about this do not hesitate to discuss it with us.

Post-Operative Instructions:

- **Diet:** Avoid chewing hard foods on the tooth that has been treated with root canal therapy. Until a final restoration is placed the tooth is at higher risk for fracture and it may be sensitive following the root canal treatment. The goal is to reduce stress on the tooth. If you have a temporary filling placed in your tooth, we will let you know and advise you to avoid chewing excessively on it.
- **Oral Hygiene:** Please brush and floss gently, but thoroughly around the tooth. Your gum tissue and the tooth may be sensitive immediately following the procedure but adequate brushing and flossing will help the tissues heal as quickly as possible.
- **Swelling:** This can occur following root canal therapy. It can be due to inflammation and due to infection. Using ice packs on the area for 20-minute intervals can be beneficial at reducing inflammation. If you feel that you are experiencing excessive swelling do not hesitate to call us.
- **Pain/Discomfort:** Please utilize any medications that were prescribed or taken over the counter to reduce your discomfort. We recommend taking an initial dose of the appropriate pain medication before your anesthetic completely wears off to help keep you comfortable initially. If you believe you are experiencing excessive pain do not hesitate to call us.
- **Medications:** If we prescribed you an antibiotic, we want you to take the medication according to the appropriate directions. Please complete the entire dosage, even if your tooth is feeling better, because some antibiotics require a certain amount of time to maximize the effectiveness. If you feel like you are having an allergic reaction to a medication prescribed please stop taking it immediately and contact us.