

INSTRUCTIONS FOLLOWING ROOT CANAL TREATMENT

Root canal treatment has been performed on your tooth. Due to the initial condition of your tooth, it is common for the tooth and the surrounding area to have increased tenderness for several weeks. Please wait until the anesthesia wears off before eating.

***Post-operative discomfort** or sensitivity lasting a few hours to several days, which may last longer and radiate to other areas, with intensity from slight to extreme. Most commonly the tooth is temporarily sensitive to biting following each appointment along with mild to moderate localized discomfort in the area. In some cases, nose drainage when maxillary teeth are in close contact to the maxillary sinus.

***Postoperative swelling** and/or discoloration of tissues which may persist for several days or longer. A small incision may be required to drain swelling.

***Restrictive mouth opening**, jaw muscle spam, jaw muscle cramps, temporomandibular joint difficulty.

To help relieve your symptoms, please follow the instructions below:

- We recommend that you eat soft foods and chew on the opposite side for the next few days.
- Patients often describe the tooth as feeling 'different.' A gradual decrease in discomfort indicates the expected healing process.
- Start anti-inflammatory medications before the anesthetic wears off

☐ 600mg Ibuprofen **AND** 500mg Acetaminophen every 6-8 hours as needed

If you have any allergies or have ever been told by a medical doctor to not take any of the above medications, please call our office to discuss alternative options.

- Please adhere strictly to the dosage guidelines printed on the label for any medication.
- **Return to see your dentist within 4 weeks.** Avoid chewing on the tooth until a permanent restoration has been placed. **It is essential that a permanent restoration or crown be placed on your tooth, otherwise this could compromise the outcome of the root canal treatment.**
- Expect post-operative biting tenderness and lateral pressure sensitivity for days to weeks.
- The temporary filling material will settle in the tooth. It will feel like the temporary filling is not there.
- For emergencies after normal business hours, please call: **(239) 408-3636 select option 1**

