



## Root Canal Treatment Post-Operative Instructions

By saving your tooth with root canal treatment, you have made a significant step towards better oral health. This guide is intended to answer questions you may have about the post-operative period and to give you information on how to preserve the health of your tooth following root canal treatment.

The root canal system inside your tooth has been thoroughly cleaned, and the irritated tissue and bacteria that have caused you to need root canal treatment are gone.

- It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications. If you can tolerate Ibuprofen (Motrin, Advil) take three 200mg tablets every 6-8 hours as needed for discomfort. If you can't tolerate Ibuprofen, take two extra strength Tylenol every 8 hours as needed for discomfort. Start with your first dose before the anesthetic has worn off.
- Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, contact our office.

## Guidelines for Post Treatment Care

- \* Do not eat anything until the numbness in your mouth wears off
- \* Be careful chewing on your tooth until it has been restored with a crown
- \* Be sure to brush and floss your teeth as you normally would
- \* Contact our office if you experience any of the following: your bite feels uneven, visible swelling inside or outside of your mouth, an allergic reaction to medication

Taking care of your tooth after root canal treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success. The tooth that has had appropriate root canal treatment followed by a proper restoration can last as long as your natural teeth. After the tooth has been restored, make sure to practice good oral hygiene, including brushing, flossing, regular dental examinations and preventative cleanings. We may periodically take a radiograph of the tooth to ensure that healing has occurred.