



## Post-op Care Instructions: Root Canal Treatment

### Immediate Care:

1. For 2-3 hours avoid chewing on that the surgery side of the mouth, as you will be numb, and may chew on your cheek.
2. You may want to place an ice pack over the surgery area of the face to help minimize any swelling. Use the ice packs for 20 minutes per hour as needed.
3. Do not smoke for the first 24 hours and minimize the number of times you smoke during the remaining days of the healing process.
4. Do not bite or chew on numb mouth tissue.
5. Diet - Eat a soft diet for 2-3 days and do not chew on the treated side until the permanent crown has been placed. Until that time, your tooth is temporary and may fracture.

6. Take pain and prescription medications as directed.

7. Other instructions:

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### Overview:

- > During root canal treatment, the nerve, blood vessels, and any decay in your tooth loses its vascular supply, it quickly becomes brittle and subject to fracture.
- > A ceramic restoration, such as a crown or an onlay is usually recommended as soon as possible as an extensive tooth fracture will likely require extraction.
- > Occasionally, the tooth will super erupt, or hit harder than usual when you bite, causing excessive pain that does not subside. This can be easily treated by adjusting the bite slightly.
- > If you have any other questions or concerns, please do not hesitate to call our office.

### Soreness:

> It is expected that the tooth will be sore for 2-3 days following treatment and usually more sore the second day than the first. Discomfort and swelling are typical. Tenderness to chewing may also occur and you should chew on the other side of the mouth.

### Pain & Prescriptions:

- > Generally, 600-800 mg Ibuprofen is all that is needed to manage post operative discomfort that you may experience. This is available over-the-counter and should be taken every six hours to minimize inflammation.
- > Avoid driving, alcohol, or working with machinery when taking prescription pain medications.

> If antibiotics are prescribed, they should be taken as directed to prevent infection. If a rash or any allergic reaction occurs, discontinue use and call our office or go to the nearest 24-hour medical facility.

### Final Restoration:

> A temporary restoration has been placed. This is NOT the final phase of your treatment on this tooth. In most cases, a final restoration is required for long term success of endodontic treatment.

> Your dentist recommends the following final restoration on this tooth:

- Crown
- Access Closure
- Build-Up (re-evaluate)

Your restorative appointment is scheduled on: \_\_\_/\_\_\_/\_\_\_