

Post-Operative Instructions- Root Canal Therapy

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

· **AS A REMINDER, ROOT CANAL THERAPY CAN TAKE 1-2 APPOINTMENTS TO COMPLETE.** Please return for any subsequent appointments as needed.

· **IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF** to avoid accidentally biting lips, cheek or tongue.

· **DO NOT EAT ANYTHING STICKY, CHEWY OR HARD AND IF POSSIBLE EAT ON THE OTHER SIDE** as this may pull off or break a temporary restoration or can crack the remaining tooth structure present. These temporary restorations are not just cosmetic; they serve to protect the tooth from bacteria contaminating the root canal surfaces until a permanent crown can be placed. It is normal to sometimes feel that the temporary restoration feels shallower than when it was first placed. The temporary restoration is placed deeply into the tooth so there should still be enough of it in place to protect the tooth. However, if your temporary restoration come out completely prior to the placement of your permanent crown, please give our office a call so that we can advise you on how to proceed or if you will need to come in.

· **BE CAREFUL WHEN BRUSHING AND FLOSSING.** It is important to continue your normal brushing and flossing routine but it is normal for the root canaled tooth/teeth and surrounding gum tissue to be sore for the first 24-48 hours so gentle brushing and flossing of that area may be more comfortable. If you use an electric toothbrush, you can try turning off the brush and manually brushing that tooth gently.

· **YOUR TOOTH/TEETH AND THE GUM TISSUE AROUND IT MAY FEEL ACHY AND SORE BUT THIS IS NORMAL** and should subside over the next few days. If the pain is severe or you are unable to bite on the tooth after 3-4 days, please call our office as your tooth/teeth may need further evaluation.

· **RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS.** It is normal for your gum tissue to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

· **HAVE A FINAL CROWN OR RESTORATION PLACED AS SOON AS POSSIBLE.** Root canaled teeth are more susceptible to fracturing, contamination and decay so it is important to have a final crown or similar restoration placed as soon as possible. A delay in obtaining this restoration may result in fracturing of the tooth beyond repair and possible loss of the tooth.

· **TAKE MEDICATION** as instructed by the doctor. If prescribed any medications, please take as directed. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

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Please call our office if:

- If your tooth fractures or your temporary restoration comes out completely prior to the placement of your permanent restoration.
- If you experience severe persistent pain or swelling.
- If after the first 2-3 days, your bite feels uneven or you are unable to bite down on the tooth without experiencing sharp pain.
- If you have an allergic reaction to any medication you have taken