

## **PATIENT INSTRUCTIONS AFTER ROOT CANAL THERAPY**

- Discomfort or soreness in the area can be normal. This can occur because of existing infection and inflammation of the tooth. The pain can vary from mild to severe. You may take over-the-counter pain medication such as ibuprofen (Advil) or acetaminophen (Tylenol). In some cases, prescription pain medications may be given. Please take these as directed.
- Taking an analgesic before the numbness wears off may be helpful. Avoid chewing on the affected area. Avoid hard or sticky foods
- In some cases, an antibiotic is prescribed. If you are prescribed an antibiotic, it is very important to finish the entire prescription. Even if there is no pain, please finish the entire prescription.
- To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit.
- The tooth may be sensitive to pressure when you bite down even though it no longer has a nerve. This type of pain is normal and usually only lasts for a short duration following treatment. This pressure sensitivity may come and go as the tissue and bone around the tooth continue to heal. If the pain is persistent or severe please call us to have the tooth and bite examined.



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- Following root canal therapy all back teeth and the majority of front teeth will require a new filling and a crown. Once teeth have their nerves removed, they become very brittle. Without the protection of a crown, they will fracture and will need to be extracted. This is the number one reason teeth with root canal therapy are lost.
- If a temporary filling or crown has been placed and comes out, please call our office.
- If you experience any problems such as an uneven bite or persistent pain or have further questions, please call our office (924-1100).