

POST OPERATIVE INSTRUCTIONS FOR ROOT CANAL

When root canal therapy is performed on a tooth, the nerve, blood and nutrient supply to the tooth, as well as some hard tissue, are removed. This causes the tooth to become brittle and prone to fracture. For many teeth, a crown is needed to prevent the tooth from breaking. In the meantime, avoid nuts and hard, crunchy food that could break the remaining tooth structure. While you are still numb, avoid eating and drinking in the area, as you can bite your lip or tongue. Your lips, teeth and tongue may be numb for several hours.

Avoid chewing with this tooth until treatment is completed. Chewing can cause the tooth to be sore and/or break.

Most root canal treatment is a two-step process in our office. A temporary filling will be used to seal the access in the tooth. This material may chip or wear. It is only a problem if it becomes uncomfortable for you. If this happens, call our office for an appointment.

Once your root canal treatment is complete, please schedule your next appointment for the final restoration.

MEDICATIONS:

Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea or cannot swallow your pills.

- Antibiotics: Continue until the bottle is empty. Do not quit halfway, even if all symptoms and signs of infection are gone.
- Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery or alcoholic beverages while you are taking them.
- Taking Ibuprofen every four hours by the clock could prevent you from needing pain medications. For mild discomfort, use ibuprofen. do not take more than 400 mg (2 pills) every 4 to 6 hours (max 3200 mg daily). If you cannot use Ibuprofen, you may take Acetaminophen. Please consult your doctor before taking any Acetaminophen as some medications used in our office already contain it.
- If you have been pre-medicated with an oral sedative, do not sit up or stand quickly or walk unassisted today. Do not drive a vehicle, operate machinery or make important decisions for 24 hours. Have someone with you today.

It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing.

WHEN TO CALL US:

Call our office if your bite feels uneven, if you have sensitivity or discomfort that increases or continues beyond three or four days or if your temporary filling comes out.

CARING FOR A TEMPORARY RESTORATION:

If we placed a temporary filling or crown on your tooth, avoid chewing for at least one-half hour to allow the restoration to harden.

To keep your temporary restoration in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

It is not a problem for a small portion of a temporary filling to wear away or break off, but if the entire filling comes out, call us so that it can be replaced.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE AT: [806.797.0341](tel:806.797.0341)