

## **ROOT CANAL AFTERCARE**

The degree of comfort after a root canal therapy often depends upon patient follow-through after the procedure has been completed. It is essential that you understand what normal post-treatment symptoms are, and how they should be handled.

### **Take medication as prescribed**

Although it is possible to experience no pain after root canal therapy, some discomfort is considered normal. Just as in insect bites, burns, and scrapers, inflammation results when pulp tissue is removed from the root canals. It is not unusual for inflammation to begin immediately after the procedure, characterized by soreness and/or puffiness. Typically, inflammation increases over the first 24 to 48 hours and then subsides slowly over the next 2 to 3 days.

If you experience sensitivity following any appointment, we recommend you take an anti-inflammatory drug such as Ibuprofen (e.g. Advil, Motrin) to reduce inflammation, which will in turn reduce pain. You may also want to apply ice on and off to the outside of your face next to the tooth and keep your head elevated. Under no circumstance should you apply heat to the outside of your face.

Consistent medication is the key to comfort. It is essential to follow your doctor's orders, and take the prescribed medications to alleviate pain and help fight infection if present.

If discomfort last more than a few days, or if you have severe pain or swelling, call our office. We will suggest medication or other steps to make you more comfortable.

### **Chewing on the tooth**

On the day of the treatment, it is important that you limit your diet to soups and other foods that require no chewing. The treated tooth should experience no strain whatsoever. When eating, be very careful to chew on the other side of your mouth.

Slowly over time, you may introduce soft foods to the treated tooth.

Remember, your tooth has been traumatized and needs to heal completely before you can expect full function.

### If the tooth feels high

If your treated tooth feels higher than the surrounding teeth, call our office and we will schedule you to come in for an adjustment. We can reduce the surface area so that it fits comfortably with the rest of your bite.

### Temporary Fillings

If your root canal has not been completed and your temporary filling becomes dislodged or compromised in any way, simply call us during office hours so we may schedule a time to refill the tooth. If your root canal has been completed, please call to have filling replaced or to begin the permanent restoration.

### Permanent Crowns

Almost all teeth that require root canal treatment need to be strengthened by placement of a crown or partial crown. Without a crown the tooth is susceptible to fracture which could lead to loss of the tooth.

If you have any questions or concerns, please feel free to contact our office at 604-826-2960.