

## Root Canal Therapy : Post-Op care sheet

These instructions are designed to minimize your post Endodontic treatment discomfort.

Numbness : The numbness you are currently feeling is from the local anesthetic and should go away in a few hours. Be extremely careful during this time period, do not eat anything for a minimum of 1.5 hours and completely avoid chewing on the numb side. **Parents** : please carefully watch your children during this time so that they do not bite or chew on their lips/cheeks/tongue causing damage that they cannot feel.

- It is normal to experience some pressure and sensitivity after each appointment, this feeling should subside within a few weeks of the root canal being completed.

Immediate Post-Op : Following the root canal you can expect to have soreness, pain, discomfort and possibly throbbing within your tooth and around your gums after the root canal procedure. This is considered normal and can last for several days to a week. If you previously had pain to cold and/or heat you will notice this pain is greatly reduced. If you previously had pain to biting or chewing you will notice that this pain may still be present for a while. It can take up to two weeks for this type of pain to subside. This is considered normal and is a result of the inflammation from the infection around the tooth and not related to the nerve inside the tooth which was removed. As the infection subsides so will the symptoms.

Home Care : Rinse your mouth with warm salt water (1/2 teaspoon of table salt to one glass room temperature water) 3x a day until the tenderness is gone. Please brush and floss your teeth as usual, oral hygiene and rinses are important to keep infection down.

Pain : Some discomfort following root canal therapy is to be expected. To minimize pain take ibuprofen, Advil or Motrin 600mg every 8-hours for approximately 3-days for postoperative discomfort. If you cannot take Ibuprofen for other medical reasons, we recommend 500mg of acetaminophen (Tylenol) as the best substitute. If prescription pain medication is prescribed, take it as instructed on the label. NEVER exceed the recommended dose. Taking the medication with food or crackers will help reduce upset stomach. If taken on an empty stomach they may have a sedative effect and make you drowsy. Do not drive, drink alcohol, take other sedative drugs or operate heavy machinery while taking these medications. You may alternate the use of Ibuprofen with the prescription pain medications for the best result.

- **Note** : Do not take Ibuprofen or Aspirin products if you are taking blood thinners. (Plavix, Coumadin, Xarelto, Eliquis)

Antibiotics : If you are prescribed an antibiotic, take it AS-PRESCRIBED and finish the ENTIRE prescription. Do not stop taking them because you are feeling better.

- **Women** : some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- As with any medication, if you notice itching, rash, upset stomach, diarrhea, or difficulty breathing - STOP taking the medication immediately and contact us at Old Hook Dental (201) 358-5005

Post-op : After the procedure is completed, you will leave with a temporary filling inside your tooth that will only last roughly 2-3 weeks - YOU MUST return to Old Hook Dental for your followup appointment to remove the temporary filling and have a buildup and crown completed as soon as possible. After a root canal your tooth is very fragile and at a high risk for fracture, having these procedures done will provide necessary strength and prevent the need for re-treatment of the root canal. If you chew on the tooth before the permanent crown has been placed, it can fracture and require an extraction leading to loss of the tooth.

Eating : Wait a minimum of 1.5 hours after the root canal procedure has been completed to eat, this ensures two things. First, that the numbness has completely worn off and second, that the temporary filling material is completely set to full hardness. You may eat whatever feels comfortable to you but DO NOT chew on the tooth that has had the root canal until the permanent crown has been completed - again, it is at a high risk for fracture that can possibly result in extraction.

Appointments : If your root canal was completed today a followup appointment will be made for 3-6 months. Certain root canal cases however can not be completed in one visit. If there is an active infection, before we can complete the root canal your tooth will be filled with medicine and a temporary filling placed to allow it to heal. A followup appointment will be made for roughly one month to complete the root canal.

- Following these instructions are for your benefit and will aid in the quickest recovery possible.
- If you have any concerns, please feel free to call Old Hook Dental at: (201) 358-5005.