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Contemporary Dentistry and Implantology

WHAT TO EXPECT FOLLOWING NON-SURGICAL ROOT CANAL THERAPY

1. While you are anesthetized, please be careful not to bite your lip or your tongue and avoid hot beverages.
2. Please **DO NOT** eat for 1 hour after treatment to allow the temporary restoration to harden.
3. It is not uncommon for the tooth to be uncomfortable or even exhibit a dull ache after receiving root canal therapy. This should subside within one week.
4. Please take 600mg Ibuprofen (3 x 200mg tablets) every six hours for the first two days following treatment. If you cannot take Ibuprofen or aspirin-like medications, take 1000mg (2 x 500mg) acetaminophen (Tylenol) as needed for pain but not to exceed 8 pills per 24hr period. Please inform the doctor of any medications you are taking or medications you are allergic to prior to taking either the Ibuprofen or acetaminophen. It is also important for the doctor to know of any conditions you are being treated for by a physician before taking these medications.
5. Your tooth will be sensitive to biting pressure and may even appear to feel loose. This feeling is the result of the sensitivity of nerve endings in the tissue just outside the end of the tooth root.
6. You may feel a rough area or depression in your tooth. This is where the access was made into your tooth and covered with a soft material meant as a temporary restoration only. It may wear away to some degree in the next few weeks. Please call our office to schedule an evaluation if the tooth access feels hollow.
7. If any swelling develops in the area, including what may appear to be a small "pimple" or "bubble" on the gum, please call the office.
8. Whenever possible, try to chew on the opposite side until you have a crown or permanent restoration placed to avoid fracturing the tooth.
9. Please avoid chewing gum, caramels, or sticky soft candy which may cause the temporary restoration to dislodge. Please avoid hard foods such as popcorn kernels and peanuts which may cause fracture of the tooth.
10. Please schedule an appointment with the dentist for the permanent restoration of this tooth as soon as possible (but no longer than four weeks). Be sure that treatment is complete before scheduling this appointment.

PLEASE CALL THE OFFICE IF:

1. You are experiencing symptoms more intense or of longer duration than those described above
2. You encounter significant post-operative swelling
3. The temporary filling is dislodged, feels loose or feels high when biting
4. Your tooth feels like it has fractured
5. You have any questions at all