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Diplomate American Board of Endodontics

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ENDODONTIC AFTER CARE INSTRUCTIONS

After root canal therapy appointment it is normal to experience some pressure sensitivity for a few days. Your tooth may feel sore or tender and could feel elongated when you bite your teeth together. There is no cause for alarm since this is a perfectly normal reaction. Discomfort following your visit does not affect the successful outcome of treatment and will usually last for the first 24 hours and up to 14 days after your appointment.

- ❖ If the doctor gives you a prescription, it is important that you verify with your pharmacist that you have no allergies or contraindications. Please follow all directions listed on the prescription bottle.
- ❖ For mild to moderate pain, we recommend taking an over the counter pain medication. Remember – DO NOT exceed the recommended dose. These medications works best if taken before the discomfort begins and not on an empty stomach.
- ❖ Warm moist compresses can be used to alleviate soreness in the jaw.
- ❖ Warm salt water rinses during the first 24 – 48 hours will help to relieve any discomfort from the clamp that was around the tooth to isolate it during the procedure. Brushing the gums near that tooth may irritate it and make you more uncomfortable.
- ❖ Avoid brushing across the chewing surface of the treated tooth to prevent the temporary filling from coming out. It is normal for a thin layer of temporary filling material to be chewed away; there is no reason for you to become concerned or worried.
- ❖ Hard foods and sticky/chewy foods should also be avoided to prevent damage to the tooth until the final restoration has been place by your general dentist
- ❖ Since the teeth have been anesthetized, the tongue, lips and roof of the mouth may be numb. Please refrain from eating and drinking hot beverages until the numbness is completely worn off.

After the endodontic treatment has been completed, your dentist will be notified so that he or she may schedule appointments to complete the final restoration on your tooth. If you have not been contacted in a reasonable amount of time, please contact your dentist to schedule a final restoration appointment.

**IF YOU HAVE INCREASED SWELLING, SEVERE PAIN OR PERSISTENT DISCOMFORT,
IF YOUR BITE FEELS UNEVEN OR IF YOU HAVE ANY OTHER QUESTIONS OR
CONCERNS, PLEASE CALL OUR OFFICE.**