



### **Endodontic Post Operative Take Home Instructions**

Now that your root canal treatment is completed, there are a few instructions and some information that will aid you during the next few days as the bone and supporting structures around your tooth begin the process of healing.

When local anesthetic has been used, your cheeks, lips, teeth, and/or tongue may be numb for several hours after the appointment. Avoid any chewing or hot beverages until the numbness has completely worn off. This prevents biting the inside of your cheeks, lip, tongue and burning the inside of your mouth. If you do injure the inside of your mouth, it will take 10-14 days for your mouth to heal. The site where the injection was given can be sore.

Root Canal treatment is considered microsurgery at the end of the root. It's normal to experience minuet hot, cold, and/or percussion sensitivity after your procedure that can last for several days. In most cases this sensitivity will subside over time however, if the pain persists please call our office.

It is normal and typical for you to experience mild discomfort after the anesthetic wears off. This discomfort usually lasts only a day or two; it sometimes can last as long as three or more days. The use of an anti-inflammatory like Naproxen or Ibuprofen should relieve this discomfort. If you are unable to take Aleve or Advil, Tylenol is a suitable substitute.

For the next few days, you may notice varying degrees of sensitivity to biting or touching the tooth. Such discomfort may occur and usually subsides within 2 to 3 days. Occasionally, it may last longer, but should continue to improve daily.

Although uncommon, **some** swelling may occur after treatment especially if rubber dam clamps were used on your gum line. This is one of your body's natural healing mechanisms in response to endodontic therapy and it may be accompanied by a temporary pressure sensation around the tooth. A warm salt water rinse will alleviate some of the discomfort.

If you notice **increased, visible** swelling, or have difficulties in swallowing or breathing, please notify us as further evaluation and treatment will be necessary to aid your body's healing process

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### **GENERAL INSTRUCTIONS**

**It is very important that you return to your dentist to have the tooth properly restored.** A crown is recommended if you had a root canal on a back tooth. It will protect the structure of the tooth. Front teeth may or may not benefit from a crown and your regular dentist will determine if one is necessary for your condition.

Until you see your dentist, you must be careful chewing on your treated tooth. For this reason, we recommend seeing your dentist as soon as you can. After the crown (or permanent filling on a front tooth) is placed, you are encouraged to use the tooth normally.

Brushing and flossing around the treated tooth is extremely important. Careful maintenance will give it the best chance of lasting the rest of your life.

If your general dentist, or Endodontist has prescribed medication for you, please take it as prescribed until it is gone.

If your bite feels uneven, if you have severe pain, or if you have any other questions or concerns, please call our office.