

*(Smile. It's good for you!)*

## Care Instructions for Root Canals

### What to expect:

- \* It is not uncommon for a tooth to be sensitive, or even exhibit a dull ache, immediately after receiving root canal therapy. This should resolve within 1-2 weeks.
- \* Your tooth will be sensitive to biting pressure, and may even appear to be loose. This feeling is a result of the sensitivity of the nerve endings in the tissue outside of the end of the root. This is where the root has been cleaned, irrigated, and placed a filler and sealer material. This feeling should subside.
- \* You may feel a depression or roughness on the top of the back tooth, or in the back of a front tooth, where our access point was made. On occasion there will be a temporary restoration placed which may wear away.
- \* Occasionally, a small 'pimple' or bump that forms on the gum tissue, which should disappear within a few days of the completion of the root canal. This bump is a release of pressure and bacteria which can no longer be sustained around the tooth.

### What to do:

- \* We recommend taking some medicine for pain relief within one hour after leaving our office. This will get the medication into the bloodstream before the anesthesia we administered begins to subside. We recommend Ibuprofen 400mg every 6 hours for 1 day, only if no allergies to that medication. Acetaminophen can be used as a substitute.
- \* Whenever possible, try to chew on the opposite side from the tooth that was treated until the area is permanently restored. Until that time, your tooth may be weakened and could fracture.
- \* Avoid chewing gum or sticky foods and candy which could dislodge the temporary material (if placed) or could fracture the tooth.

### Please call if:

- \* You are experiencing symptoms more intense or if they last longer than those described above
- \* You encounter significant swelling after treatment
- \* The temporary is dislodged, feels loose or if restoration feels high when biting
- \* Your tooth fractures or if any questions arise