

POST-OP INSTRUCTIONS ROOT CANAL

YOU JUST HAD A ROOT CANAL. THIS IS WHAT YOU MAY FEEL:

Some minor discomfort following a root canal is normal! Sometimes, depending on the circumstances, the tooth and the surrounding tissues may remain sore for a few weeks post treatment.

- Your tooth and surrounding area may be sore especially when biting
- Your jaw may be sore from holding your mouth open for so long
- Your muscle may be sore at the injection site
- The gum around the tooth may also be sore.

You need to have a permanent filling and crown placed on this tooth. If this is not done, the tooth is very likely to fracture or to develop new decay. These will cause the root canal treatment to fail and you will have to extract the tooth.

Do not use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite on anything too hard or crunchy you may break the tooth.

You may brush and floss your teeth as normal, unless told otherwise by Dr. Grabill.

Over the counter medications such as Ibuprofen (Advil, Motrin or generic equivalent) or Acetaminophen (Tylenol or generic equivalent) should be sufficient to handle any discomfort. We suggest taking the first dose before the anesthetic wears off. Please contact the office if you are still uncomfortable.

FOLLOW-UP VISITS

You need to return to the office within 2-4 weeks to have a permanent filling and crown placed on your tooth. If this is not done, the tooth will likely fracture or develop new decay. These will cause the root canal to fail.

FLARE UPS

Although most root canals cause very little to no discomfort after the treatment is completed, there are those few which can cause significant pain. These are commonly referred to as flare ups. They mostly occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history of prior treatment. Sometimes, however, they occur randomly, even on patients that have had several other root canals done previously without any problems.

If you have a flare up you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and general discomfort, which usually begins a few hours after treatment. Please contact the office if you experience any of these symptoms. You may be prescribed antibiotics, stronger pain medication, steroids, or need to return to the office for further treatment.