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Post-Operative Procedures and Recommendations following Root Canal Therapy (Completion)

- 1) Due to manipulation, the tooth may become sore to bite on or to touch. This is not uncommon. Avoid sticky, hard crunchy, chewy foods and chew on the opposite side if possible for several days.
- 2) Prescription medications or antibiotics are rarely needed following an appointment. If you are given medications take them exactly as prescribed. You can usually control discomfort by taking Aleve or Ibuprofen (Advil, Motrin). This is most effective if taken as directed by the manufacturer (on the bottle) on a schedule for at least the first 2 days. If you are unable to take Ibuprofen, you can try 1000mg of Tylenol (2 tablets) every 6 hours for a 2-3 days.
- 3) A temporary filling has been placed in your tooth that takes approximately 1 hour to harden. It is important that it stays in. If you feel that the temporary has come out please contact the office during normal business hours to schedule and have it replaced.
- 4) Now that the root canal procedure has been completed, a more definitive (stronger) restoration must be placed. In addition, the tooth will most likely require a crown restoration to help protect the tooth from fracture.
- 5) Remember that this tooth must be maintained like your other teeth. You can still get cavities if you do not continue proper care.
- 6) We will take x-ray films periodically at your recare appointments to evaluate the healing of the tooth and surrounding bone.

*** Please remember: we are attempting to heal an infection. As in any biologic healing process, nothing is 100%. The majority of root canal therapies are successful; however, retreatment, endodontic surgery by a specialist, or extraction may become necessary in the future.