

Recommendations for Post-Treatment Care after Root Canal Therapy

Congratulations! By saving your tooth with root canal treatment, you have made a significant step towards better oral health. The root canal system inside your tooth has been thoroughly cleaned, disinfected, shaped and sealed.

Please promptly call your dentist for an appointment to place a permanent restoration on your tooth. Any delay in obtaining a permanent restoration may cause the tooth to fracture or may cause the tooth to become re-infected.

It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time.

These symptoms are temporary and usually respond very well to over-the-counter pain medications, such as aspirin, Acetaminophen (Tylenol™), Ibuprofen (Advil™, Motrin™), Naproxen sodium (Aleve™). Take pain relievers before the anesthetic wears off and continue taking for two or three days as directed. Following this recommendation may substantially decrease your after treatment discomfort. We recommend taking an anti-inflammatory such as Ibuprofen. Take 600mg (3 x 200mg) over the counter Advil™ or Motrin™ four times per day for two to four days.

Narcotic medications, if prescribed, may make you drowsy, and caution should be exercised when operating dangerous machinery or driving a car after.

Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, contact our office immediately.

- Do not chew or bite on the treated tooth until it is restored by your dentist.
- Be sure to brush and floss your teeth as you normally would do.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact our office.

Contact our office right away if you develop any of the following:

- Visible swelling inside or outside of your mouth
- Allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction)
- Return of original symptoms
- Significant pain
- Bite feels high or uneven
- Numbness of the tissues that persist beyond hours after procedure.

**Please do not hesitate to ask the doctor or the staff if you have any questions.
On behalf of Endodontics Northwest, we wish you a smooth and speedy recovery!**

Endodontics Northwest

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