

CARE OF THE MOUTH AFTER ROOT CANAL TREATMENT

1. For pain, take any aspirin-free pain relief medication (*e.g.* Advil® or Tylenol®) or the medication prescribed, as directed. Preferably, the first dose should be taken before the anesthetic has worn off to ease the transition to full sensation.
2. Avoid strenuous activity and get plenty of rest during the first two days after treatment. Consider sleeping on two pillows to elevate your head to decrease any throbbing type of pain.
3. Do not chew on the side of the mouth that has been treated to avoid the risk of fracturing the unprotected, temporarily filled tooth.
4. Do not chew anything until after the numbness from anesthesia is gone completely to avoid injuring your tongue, lips, cheeks, or the treated tooth.
5. To decrease the risk of infection, brush and floss the teeth at the site thoroughly each morning and night. If prescribed, use the medicated mouthrinses or fluoride gels as directed. As always, you should avoid frequent or excessive exposure to sugar-containing foods and drinks to prevent decay. Brushing and flossing alone will not prevent it.

WHAT TO EXPECT AFTER ROOT CANAL TREATMENT:

1. Pain in the treated tooth and those adjacent to it, and mild swelling and soreness of the gums is normal and to be expected. Root canal treated teeth can be slightly to extremely sensitive to biting and/or chewing pressure.
2. After filling the root canal system, the root canal treated tooth is very fragile and susceptible to fracture if you attempt to use it as if were normal. It is important, therefore, to return to the office for proper replacement of the temporary filling as soon as possible to avoid fracturing the newly treated tooth. Depending upon the condition of the remaining tooth structure, the doctor may recommend a cast post and core, a core build-up, and/or a crown as a final restoration for the tooth.
3. Spread of infection from the tooth is our primary concern following treatment, however, antibiotics (like penicillin) are not routinely prescribed. If you notice a fever, a foul tasting or smelling discharge from the tooth, or anything greater than slight, localized swelling--**especially** any facial swelling--contact the doctor immediately.
4. Any pain which is not controlled by the pain medication, or other unexplained symptoms which occur should be brought to the attention of the doctor. Please do not hesitate to call.

Thank you for the opportunity to provide for your care.