

## HOME CARE FOLLOWING ROOT CANAL THERAPY

### WHAT TO EXPECT AFTER ROOT CANAL THERAPY

- 1 • Mild discomfort will usually be present for a few days, especially when chewing. If your tooth was hurting before you came in for treatment, it may take awhile to feel normal again.
- 2 • If your tooth was “infected” with swelling, the area may be tender for several days while it heals.

### FOLLOWING THE INSTRUCTIONS BELOW WILL MINIMIZE DISCOMFORT AND PREVENT FUTURE PROBLEMS

- 1 • Avoid biting on the tooth for **30 minutes** after your appointment so your filling may harden. Also, avoid biting your lip, cheek, and tongue while anesthetized (numb) since this may cause damage to them.
- 2 • Over the counter pain relievers such as Aspirin, Acetaminophen (Tylenol), Ibuprofen (Advil, Nupren), Ketoprofen (Orudis KT), Naproxen sodium (Aleve) usually alleviate the discomfort. Some evidence suggests that taking one of the above medications before the anesthetic wears off and continuing for 1 or 2 days as directed may substantially decrease the discomfort. You will be given a prescription for a stronger medication if we feel it will be necessary. This medication should never be taken in combination with alcohol, antihistamines, tranquilizers, muscle relaxants, or any other agent that depresses the central nervous system. This medication often causes drowsiness. **DO NOT** drive or operate hazardous machinery after taking the prescribed medications.
- 3 • In most cases, antibiotics are not required. You will be given a prescription for antibiotics if we feel it will be necessary. **WOMEN ONLY:** Antibiotics may interfere with oral birth control medications resulting in pregnancy. We suggest alternative birth control methods should be used during this cycle.
- 4 • Avoid biting or chewing on the tooth during the first few days if it is sore. If it is not sore, avoid sticky foods like caramel, jellybeans, or gum since they may loosen or remove the temporary filling.
- 5 • **Return to your dentist for an appropriate permanent restoration for the treated tooth.** This should be done as soon as possible after treatment in order to protect the tooth from subsequent fracture and/or decay. **Failure to visit your dentist in a timely manner (within 1 month) for a permanent restoration may result in retreatment of your tooth at an additional cost, or possibly severe pain and infection, or the loss of the tooth.**

*If you have any questions or if you are experiencing severe pain, fever, excessive swelling, or loose temporary filling; if your temporary filling is removed; or if you take medications and develop skin rash, hives, itching, difficulty breathing, bloody or cloudy urine, stop taking the medications and call 714-530-7888 for the Garden Grove Office or 949-262-1300 for the Irvine Office.*