

Instruction following the completion of endodontic treatment
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What to expect the next few days.

- The root canal system has been permanently sealed. However, the endodontic opening to the tooth has been temporarily restored with a temporary cement. Your tooth and surrounding gum tissue may be slightly tender for several days as a result of manipulation during treatment and the previous condition of your tooth. Your tooth may feel “bruised” or tender when biting, or if pressure is applied by your tongue. Sometimes a tooth will ache or throb initially. The injection site(s), jaw muscles, and jaw joints will feel sore from the procedure. You may also experience jaw stiffness. These are normal and are no cause for alarm.

What to do the next few days.

- Please do not drink or eat for a period of 1-2 hours until the cement is set. Brush your teeth in the usual manner.
- During the root canal treatment, the nerve, blood supply, and decayed tooth structure were removed. This results in the tooth becoming prone to fracturing. Be gentle with the tooth, and chew on the other side until your restorative dentist has placed the final restoration. Stay away from food that may break the temporary filling or the tooth (e.g. popcorn kernels, carrots, chips, all hard or sticky food, etc.)
- Take your first dose of pain killer before the freezing wears off and continue to take the analgesic as directed. It is recommended that you use one of the following pain killers for the first 2-3 days:

Ibuprofen (MOTRIN/ADVIL) 400-600mg every six hours, if you are not allergic to aspirin, ibuprofen, salicylates, or other Non-steroidal Anti-inflammatory Drugs, if you do not have Cardiovascular dysfunction, Hypertension, Peptic ulceration, gastrointestinal bleeding, and- for women- if you are not pregnant or breast feeding

Two EXTRA STRENGTH TYLENOL tablets every six hours, if you are not allergic to acetaminophen

- A rinse with warm salt water (a level teaspoon of salt in a glass of warm tap water) will make the area feel more comfortable. Repeat the rinse as frequently as you wish.
- Antibiotics and/or stronger painkillers may have been prescribed. All of this medication should be taken as directed unless an allergic reaction develops. If there are signs of allergic reaction (i.e., skin rash, itching, unusual swelling), stop taking the medication immediately and call our office. **Nausea is not an allergic reaction.** If the reaction is severe, (i.e. difficulty breathing) go to the nearest Emergency Room.

NOTE: Alcohol is not advised while taking any of these medications.

What to expect for the next few weeks.

- Do not be surprised if you cannot eat with the tooth for up to two weeks. Tenderness when chewing may persist during that time. However, use the tooth as soon as you can as using it makes healing more rapid.
- If tenderness does not appear to be lessening after two weeks, or if the tooth becomes sensitive to the point that your sleep or usual activities are affected, please call our office.

Please schedule an appointment with your restorative dentist

- Root canal treatment is only one step in returning the tooth to full function. A final restoration of the tooth is extremely important in ensuring long-term success. It is important to have your tooth restored with a permanent filling and/or a crown within 4-6 weeks of the completion of the endodontic treatment in order to maintain the health and function of your tooth. Failing to do so may result in tooth fracture, decay, re-infection of the tooth, or tooth loss. A complete report of treatment and the final radiograph will be sent to your restorative dentist. Please telephone your restorative dentist for an appointment.