

ROOT CANAL POST-OPERATIVE INSTRUCTIONS

PROCEDURE: During root canal therapy, the nerve, blood supply and decayed tooth structure are removed.

FEELING: The anesthesia will begin to wear off in 30-120 minutes. Until that time, avoid all hot foods or liquids, and do not chew. This is to prevent accidentally burning or biting your lips, cheeks or tongue until feeling has returned.

TEMPORARY FILLING: A temporary filling is normally placed after root canal treatment. This type of filling is used to seal the root canal area until a final restoration (usually a crown) can be placed. This temporary filling is soft and may become easily chipped or worn. If you believe the filling has been severely broken or lost, please call our office for an evaluation.

TASTE: After treatment, a medicinal or *funny* taste may be evident. This is usually due to the irrigation solution used during the treatment or the medicated dressing that Dr. Khoury has placed inside your tooth.

TOOTH STRENGTH: A root canal treated tooth is more susceptible to breaks and fractures. Therefore, it is very important that care be exercised during chewing until a final restoration can be completed. Avoid all hard foods, such as : ice, popcorn, chewing gum, hard candy, lozenges, peanut brittle or tortilla chips.

ORAL HYGIENE: Clean and floss your mouth as usual. There are no restrictions concerning cleaning the root canal treated tooth.

MEDICATIONS: In most cases, an over the counter pain medication will provide relief from any discomfort. Anti-inflammatory medications like Advil and Motrin, are excellent for reducing post-treatment soreness. If the need for a stronger pain medication or antibiotic is anticipated, prescriptions will be provided.

RINSES: The gum area around the root canal tooth or in the area where the rubber dam clamp was placed may be tender following treatment. Warm salt water rinses (½ tsp. salt in 8 oz. glass warm water) can be swished vigorously every 10-20 minutes for the first 2-6 hours.

QUESTIONS/COMPLICATIONS: The following are complications commonly seen following root canal therapy:

-Sensitivity, tenderness and some discomfort may follow the initial visit for root canal treatment. A slight degree of soreness is normal and is to be expected. Although significant discomfort is rare following treatment, it can occur. This is dependent on the condition of the tooth and the degree of pulpal damage prior to therapy. If pronounced discomfort occurs, it will normally subside within the initial 24 hours. If significant pain develops, or if it appears to be increasing in intensity, please contact our office.

-Swelling may occur after root canal therapy. As with discomfort, this is dependent on the condition of the tooth and the degree of pulpal damage prior to therapy. Significant swelling is rare, but if it does occur it requires re-evaluation and/or additional treatment.

AMINE G. KHOURY, D.D.S.
707-265-9440