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### **INSTRUCTIONS AFTER ROOT CANAL THERAPY**

- The treatment on your tooth is not complete.** The doctor has placed an antibacterial medication inside your tooth to help with the healing process. It is essential for you to return to our office for further treatment. At the next appointment, after administering anesthetic, our doctor will remove the medication and place the root canal filling. Do **NOT** eat anything for the first two hours following the procedure, as it takes this time for the temporary to set and get hard. For the rest of the day, only eat semi-solid food. It is advisable to chew on the opposite side until treatment is completed. Under **NO** circumstances should you chew anything hard, no gum, candy, or anything that is sticky on the tooth, even if you were not experiencing any discomfort prior to treatment. **This may lead to a fracture** of your tooth. Please call our office if you develop swelling or if you lose all or part of the temporary filling. If your bite feels off (tooth feels high) call the office to get your bite adjusted. We recommend that you take an anti-inflammatory medication before the anesthetic wears off (Advil, Ibuprofen or Motrin).
  
- Your root canal treatment is now complete, and your tooth has a permanent or a temporary filling.** The canal(s) have been sealed and nature must now have time to repair the damage that the original irritant produced. Do not chew on the tooth until you have had the tooth permanently restored. Although the roots are permanently sealed, the outer surface may be filled with a temporary restoration. It is advisable to see your regular dentist **as soon as possible** to restore the tooth permanently with a crown. A final restoration (crown, onlay, filling) will give the tooth its necessary protection. A letter and copy of your final x-ray radiograph and photographs are being sent to your general dentist. A six-month checkup is included in your treatment.
  
- It is normal for you to experience some degree of discomfort for a few days.** Sensitivity to pressure & biting will peak in 48-72 hours after treatment and will gradually subside over the next week. In some instances, recovery time may be several weeks. This tenderness is normal and is no cause for alarm. Discomfort may be alleviated by taking the Rx pain medication prescribed by the doctor, Aleve, ibuprofen (Advil), aspirin, or acetaminophen (Tylenol) as directed. Should you experience discomfort that cannot be controlled with the above medications or should swelling develop, please contact our office, we are here to help, and will be happy to do so. **Please call our office at 770-425-7070** if you have any questions before your recall date. Continue to brush & floss in order for the tissue to stay healthy. The tissue around the tooth will be sensitive, be gentle when performing routine hygiene. Do not apply heat compress to your face. This will increase blood flow & lead to potential swelling & the possibility of the infection spreading.