

POST-OP ROOT CANAL THERAPY

ENDODONTIC TREATMENT

Post-Care Instructions

- **[] The treatment on your tooth is NOT complete.** The doctor has placed a medicated temporary filling inside your tooth to help with the healing process. It is essential for you to return to our office for further treatment. Do **NOT** eat anything for the first two hours following the procedure as it takes this time for the temporary to get hard. For the rest of the day, eat semi-solid food only. It is advisable to chew on the opposite side until treatment is completed. Under **NO** circumstances should you chew anything hard, 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.** Following these instructions is your responsibility and if your tooth fractures, it is your liability, and you will be responsible for costs for treatment rendered.
- **[] Your root canal treatment is now complete and has a temporary filling.** The canal(s) has 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 the tooth restored. Although the roots are permanently sealed, the outer surface is filled with a **temporary** restoration, which will get hard after two hours of placement and may last for many weeks. It is advisable to see your regular dentist **as soon as possible** to restore the tooth permanently. Current research has shown that even newly sealed root canals will be totally contaminated with bacteria if the temporary filling is missing for over three weeks. A final restoration (crown, onlay, filling) will give the tooth its necessary protection.
- **[] Your root canal treatment is now complete and has a core build up.** The canal(s) has been sealed and nature must now have time to repair the damage that the original irritant produced. Do not chew on the tooth until all the tenderness is gone. We have placed a permanent filling on your tooth. You still need to see your dentist for possibly a new crown, and you should return for regular check-ups.

Local Anesthesia

- The anesthesia used during your procedure will wear off within a few hours. You may experience tenderness, mild swelling or bruising to the injection site. In rare cases, prolonged numbness can occur. Please contact our office if numbness does not wear off within 48 hours of your procedure.

Pain Management

It is normal for you to experience some degree of discomfort for a few days. This tenderness is normal and is no cause for alarm.

- Discomfort may be alleviated by taking Aleve, ibuprofen (Advil), aspirin, or acetaminophen (Tylenol) as directed.
 - **600 mg Ibuprofen along with 500 mg & Tylenol every 6 hours for 2 days as needed.**

- Warm saltwater rinses (1/2 teaspoon of salt in 8 ounces of water) may also help. 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 happy to do so.

Please call our office (713) 526 2904 if you have any questions or difficulties. If it is after hours, follow the prompts to be connected to our answering service. If you feel that your symptoms warrant a physician, and you are unable to reach Dr. Sista, please go to the closest hospital emergency room immediately.