

*Encinitas Endodontics*

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**INSTRUCTIONS FOLLOWING YOUR ROOT CANAL**

Your appointment today was provided so that the tooth or teeth we treated could be saved for future use and enjoyment. Whether the procedure was completed today, there are a number of possible conditions you should be aware of over the **next few months**. *You may eat anything you wish within 30 minutes after the procedure.*

NORMAL post treatment sensitivity may include the following for approximately **2-4 months**.

- A dull or sharp ache specific to the treated tooth or jaw area, especially when chewing.
- Soreness of the gum tissue due to anesthetic injections or the rubber dam.
- Headaches or soreness in your jaw muscles.
- Numbness that may last for several hours to years after the procedure or longer.
- *Days 2-14 are usually the worst days.*
- *You should start to feel a little better each day, though it may take months to notice, especially to **biting**.*

These conditions should be relieved with analgesics like Tylenol or Advil and rinses.

- Advil/Motrin/Ibuprofen 600-800mg every 4-6 hours as needed for pain (*as long as you are not allergic to aspirin and it is OK with your medical doctor*).
- Tylenol 500-1000mg every 6 hours as needed for pain (*especially if you are allergic to aspirin or aspirin-like substances – please check with your medical doctor*). *Know this is not as good as pain reliever as most.*
- Warm salt-water rinses – 1tsp salt in 8-12 oz of water about 3-5 times per day.

ABNORMAL post treatment sensitivity could include the following:

- Swelling, especially if it is noticeable outside the mouth – including the tongue, throat, jaw or eyes
- Discomfort that does not respond to the medications above or those prescribed for you.
- Feelings that the tooth treated may be higher than the others when you bite.

***Please call my cell above immediately if any of these conditions exist.***

A temporary restoration was placed in the tooth today. Since it is temporary, it will wear away or even break off into pieces. This is usually not a problem. *It is imperative and YOUR responsibility that you follow-up this root canal with a visit to your general dentist within 30 days for placement of a final filling or crown. That will be your dentist's decision.* Otherwise, the root canal will fail from bacterial invasion from your own saliva and the root canal may have to be done again at your own expense. Please call you dentist as soon as you are finished with the treatment today. Any problems with the time frame please call.

*If there are any additional questions, please feel free to call me or the office ~ we are here to help!*