



POST-OPERATIVE INSTRUCTIONS FOR ROOT CANAL THERAPY

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

The anesthesia will begin to wear off in a few hours. Until that time, avoid all hot foods or liquids, and do not chew. This is to prevent accidentally burning or biting the lips, cheek or tongue until the feeling has returned.

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 the office for an evaluation.

A root canal treated tooth is more susceptible to breaks and fractures. Therefore, it is very important that care be exercised during chewing, etc., until a final restoration (crown) can be completed. Avoid all hard foods, such as: ice, popcorn, chewing gum, hard candy, mints, lozenges, nuts, peanut brittle, bagel chips, hard edges of bread or pizza, tortilla chips, etc.

In many cases, an over-the-counter pain medication will provide relief from any discomfort. Anti-inflammatory medications, such as aspirin and ibuprofen, are excellent for reducing post-treatment soreness. If the need for stronger pain medication or an antibiotic is anticipated, prescriptions for these medications will be provided.

You may clean and floss your teeth as usual. There are no restrictions concerning cleaning the root canal treated tooth. 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 of warm water) can be swished vigorously every 10 to 20 minutes for the first 2 to 6 hours. (Do not use if you are on a salt-restricted diet.)

PLEASE NOTE: Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of the tooth.

Dr. Bob & Dr. Ma are available 24 hours through the office phone number,
847-864-8151.

If you feel you are experiencing an emergency, please do not hesitate to call our office and obtain a number to reach your doctor. It is our pleasure to be here for you.