

Following Root Canal (Endodontic) Therapy

How to care for your tooth:

The first couple of hours after treatment avoid chewing on the tooth to allow the temporary filling to harden. Even after hardening try to avoid chewing on the treated tooth as much as possible until a crown is placed on the tooth. Schedule an appointment within a week for getting a crown placed on that tooth. Temporary fillings on the tooth can fracture and allow the root canal spaces to become re-infected, and can possibly result in the loss of the tooth.

The first few days following endodontic therapy the tooth can be sore because cleaning and shaping the root canals can cause inflammation of the surrounding tissues. **At night keep your head elevated with extra pillows for several nights to reduce inflammation. Place a cold-pack over the area (20 minutes on, then 20 minutes rest) for at least four hours will help make the tooth more comfortable.**

Over-the-counter analgesics, *as allowed by your physician*, such as Ibuprofen or Advil 800mg (taken with food) and Tylenol 1000mg will alleviate any residual discomfort. Do not consume any alcohol while taking Ibuprofen or Tylenol. **The Ibuprofen and Tylenol combination should be taken every 6 hours for 48 hours and as needed for pain after that.**

Occasionally, mild discomfort lingers for a few weeks before the tooth feels normal.

Brushing and flossing after your root canal visit:

It is important to keep your mouth as clean as possible to facilitate healing of the tissues surrounding your tooth. Do brush your teeth thoroughly, but avoid flossing if your temporary filling extends down to the gum line. Flossing near these fillings could dislodge them and require you to be seen for a short visit to have the fillings replaced.

If an infection develops:

If you develop severe pain and/or swelling around the tooth, call our office immediately. An infection may have developed that might require medication or further treatment.

If you have any questions:

If you have questions or concerns, please contact us at 952-935-5599. Your comfort and satisfaction are very important to us.