



POST-OPERATIVE INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

PLEASE FOLLOW THE GUIDELINES BELOW AND CONTACT US WITH ANY QUESTIONS.

- After your root canal, we will place either a temporary filling or a permanent restoration in your tooth according to your dentist's request. Do not eat or drink for the first 30 minutes following your treatment. Also, avoid feeling around your tooth with your tongue. This is to allow the temporary filling sufficient time to harden (if applicable), and to avoid causing injury to your mouth while you are still numb.
- If you were given any prescriptions, please have them filled promptly and take as directed. If no prescriptions were given, we recommend over-the-counter Ibuprofen (i.e. Motrin or Advil). Ibuprofen can be alternated with Tylenol for improved pain relief. Do not take these medications if you are allergic or have a medical condition that prohibits their use. Always follow the dosage and directions printed on the bottle. Do not exceed the daily maximum for any medication. If you are unable to achieve adequate pain control, please call our office.
- Once you resume eating and drinking, avoid chewing or biting on the treatment area until your permanent restoration and/or crown is placed. A temporary filling placed immediately following root canal treatment is vulnerable to fracturing. It is critical to avoid chewing on hard substances such as raw nuts, ice, candy, etc.
- You will need to see your restorative dentist within a month to have a permanent crown or filling placed (if you do not already have one). Please contact your restorative dentist to make an appointment at your earliest convenience. Waiting longer than a month increases the chances that the temporary will fracture, or that decay will develop in the affected area.
- Please keep the treated area clean by gently brushing and flossing regularly.
- It is rare for a temporary filling to fall out, although it may divot while in use. If the temporary falls out, please contact Endodontic Associates or your general dentist as soon as possible.
- Some discomfort is normal for 2 to 4 days following root canal therapy. In some cases, the tooth and surrounding tissue may be sore for a few weeks following treatment.

THIS SECTION IS VERY IMPORTANT, PLEASE READ CAREFULLY

While flare-ups are rare, they occur in about 5% of cases and may cause significant pain. They generally only occur with teeth that are extremely irritated and/or infected, or with teeth that have a history of prior treatment. These sometimes occur randomly, even on patients that have had root canals done in the past without problems. If you have a flare-up, you may experience moderate to severe pain, swelling, throbbing, or general discomfort; please contact our office right away. You may be prescribed additional medication such as antibiotics, and/or you may be asked to come to the office for further treatment.

THANK YOU FOR CHOOSING US FOR YOUR ENDODONTIC NEEDS.

IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CALL:

Green Hills (Nashville):

615-383-4455

Cool Springs (Brentwood):

615-371-9559

Thompson's Station:

615-721-3720

