

Your tooth and the surrounding gum tissue may be tender for several days following your endodontic procedure. The following information will help you understand some of the affects from the procedure and how to leviate any pain or swelling.

Patients may experience slight discomfort following endodontic treatment. This is normal, and it is due to irritation produced by the inflammation that was present in your tooth. The tooth should feel much better in three to five days. If medications are prescribed, please take them as directed to help the healing process.

To minimize discomfort, avoid chewing on the tooth for several days. After a few days, try chewing soft food on the tooth. If it should continue to be sensitive, please contact our office.

If the gums around the tooth are irritated following the endodontic treatment, this may be due to placement of the rubber dam during treatment. Rinsing your mouth with warm salt water (1/2 tsp, to a cup of water) will speed up the healing process. This should be repeated every three to four hours until the area is comfortable. Should sensitivity continue, please contact our office immediately.

UPON COMPLETION OF ROOT CANAL THERAPY:

a temporary restoration is placed in the tooth to prevent possible recontamination of the root canal by saliva and bacteria. It is imperative that you have a permanent restoration placed within **2-6 weeks** with your general dentist. The restoration should cover the entire biting surface of the tooth. This will protect the root canal treated tooth and prevent possible fracture of the remaining tooth structure.

It may be necessary for you to return to our office at a future date for one or more short check-up appointments, so we can evaluate the healing process of the root canal treated tooth. This allows us the opportunity to provide the best possible care and make sure that you are not having any problems. You will be notified at the completion of your treatment if you will need to have a check-up at our office, or if your referring dentist can follow the healing progress of your case.

If you have any questions or think that the post treatment progress is not proceeding properly, please contact our office during business hours.



*800mg Motrin + 500mg (1 tab) Tylenol every 8 hours x 2 days

DIET

We recommend on the day of surgery to have cool liquids and soft cool foods. If you eat anything soft, chew away from the surgical sites. **Prevent dehydration** by taking fluids regularly. Try not to miss a meal.

Please avoid the following: eating/chewing nuts, popcorn, and seeds, as well as, sticky foods such as gum, caramel and taffy.

DISCOLORING OR BRUISING

In some cases, you may have black, blue, green, or yellow discoloration of the skin following the swelling. This is due to bruising beneath the tissues. This is a normal post-operative occurrence that may occur 2-3 days post-operatively. Beginning 36 hours after surgery, you may apply moist heat to the area. This may speed up the removal of the discoloration.

ANTIBIOTICS

To help fight infection, Antibiotics may be prescribed. If you have been placed on antibiotics, please take the tablets or liquid as directed. In the event of a rash or other unfavorable reaction, discontinue the antibiotic use and call us.

For female patients: The use of antibiotics and other medications may interfere with the effectiveness of oral contraceptives. An additional form of birth control should be utilized for one complete cycle of birth control pills after the course of antibiotics or other medication is complete.

OTHER COMPLICATIONS:

Slight elevation of temperature immediately following surgery is not uncommon. **If the temperature persists**, please notify our office. If the corners of your mouth are stretched during the procedure, they may dry out and crack. You can keep your lips moist with an ointment such as Vaseline.

A sore throat and pain when swallowing are not uncommon. Your muscles get swollen, and the normal act of swallowing can then become painful. This should subside in 2-3 days.

For a few days following surgery, stiffness of your jaw muscles may cause difficulty in opening your mouth. This is a normal post-operative event and will resolve in time.

We thank you for choosing Northstar Dental for your oral health needs.

