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INSTRUCTIONS FOLLOWING YOUR ROOT CANAL

We hope that your experience here has been a pleasant one, knowing the tooth or teeth treated were saved for future use and enjoyment. This sheet will go over some information about what to expect for the next few weeks and instructions for the healing phase.

DO NOT eat on the treated tooth until after you see your general dentist, especially anything hard (peanuts, pretzels, ice etc.) until the permanent crown/filling has been placed on the tooth. The tooth may be tender to bite or could fracture.

Normal: some discomfort, depending on the circumstances prior to the treatment, the tooth and surrounding tissues may remain sore for a few weeks following treatment. The most common are:

- A dull or sharp ache specific to the treated tooth or jaw area.
- Soreness of the gum tissue due to anesthetic injections or the dental dam.
- Headache or soreness of your jaw muscles from having your mouth open a prolonged time.
- Numbness that may last for several hours after the procedure or longer. Be careful not to bite your lip, tongue, or cheek.
- Your tooth may continue to feel slightly different from your other teeth for some time after the treatment is completed. You can feel sensations from the nerves in the gum surrounding your tooth.
- What do I do about the pain? These conditions should be relieved with analgesics like Advil, Motrin, or Tylenol, warm salt water rinses, a warm compress, or an ice pack:
 - Advil/Motrin/Ibuprofen 400–600 mg. every 4–6 hours as needed for pain (if you are not allergic to aspirin). (**Not to exceed 3200mg/day**)
 - Tylenol 500–1000 mg. every 6 hours as needed for pain. (**Not to exceed 4000mg/day**)
 - Warm salt–water rinses – 1 teaspoon salt in 8–12 oz. of water.
 - Place bag of ice (or frozen bag of vegetables), or a warm compress on treated area 20 minutes on and 20 minutes off.
 - Prescribed pain medications or antibiotics should be taken as directed by Dr. Kusienski (if needed).
- A temporary restoration was placed in the tooth today. Since it is **temporary**, it can wear away or even break. **It is imperative and your responsibility that once the root canal is completed, you need to follow up with your general dentist within one month to have a permanent filling, or crown (cap) placed.** Delaying the permanent restoration could cause the root canal to fail from bacterial invasion from your own saliva and may need to be done again. Please call your general dentist once you have completed treatment with our office. Any problems with this time frame please let us know.
- You may floss and brush your tooth as normal, unless told otherwise by the Dr. Kusienski.

Abnormal post-treatment sensitivity would include: (**Please call our office if any of these conditions exist.**)

- Swelling or increased swelling in the treated area.
- Discomfort that does not respond to over-the-counter medications and/or those prescribed by Dr. Kusienski.
- A feeling that the tooth treated may be higher than the others when you bite.

You will receive a post card in 6 months for you to schedule a check up for your treated root canal tooth. We will take an x-ray to ensure that everything is healing properly. **If there are any additional questions or concerns, please feel free to ask. Thank you for trusting us with your endodontic care. We look forward to serving you or anyone you refer to us in the future with the same courtesy and respect.**