

## **After Your Endodontic Care**

Here are the answers to a few common questions following your Endodontic care:

### **•What happens when I get home?**

Most patients have little or no discomfort after their root canal procedures. You will know that I was there, like any other dental procedure. There will be some tenderness in the gums around the tooth, stiff jaw muscles, and a mild inflammation around the tooth.

*\*\* Remember, if your tooth hurt before you came in for treatment, it will take a while to heal and feel normal again.*

### **•What if I have discomfort? Before the numbness wears off,**

I recommend you take what ever you take for a normal headache.

Included on the back is a list of suggested "over-the-counter" medication strategies. **Level 1 Strategies** should work well for most everyone (SEE: Reverse side).

### **•Warm Salt Water Rinse:**

Critical for: **LOWER TEETH \*\*\*\*\***  
**DIRECTIONS: USE 3 or 4 times a day!**  
8 oz glass WARM water, 1(one)-teaspoon table salt. Use entire glass, DO NOT SWALLOW. Consult with your physician if you have HIGH BLOOD PRESSURE.

### **•Stiff or Sore Jaws**

You have been open for a long time, some tenderness is expected. You may find a cold or hot compress to be helpful. 10 min on, 10 min off is most effective.

### **• MOST COMMON PROBLEM AFTER A ROOT CANAL**

***The tooth is uncomfortable ONLY when you put your teeth TOGETHER:***

*This will occur if the temporary seal material swells and becomes "too high", or if inflammation causes the tooth to rise from its socket. **It is important you call me as soon as possible, so I can readjust your bite.** Biting on a "high tooth" will bruise your tooth, just like a stone in your shoe when walking. This bruise will dramatically delay healing.*

### **• Special Things DOs & DON'Ts**

**DO: Continue to brush your teeth as normal, but do NOT scrub the seal, as it is much softer.**

**DO NOT** drink anything hot for the next four hours.

**DO NOT bite or chew on the tooth, until after the filling/crown appointment with your dentist.** After the filling, treat the tooth gently; give the area time to heal. If your tooth was already infected or abscessed, the area will be tender for 14 - 28 days.

### **•SPECIAL DIRECTIONS IF YOUR TOOTH ALREADY HAS A CROWN\*\* (reviewed by staff, be sure to ask)**

• **Remember:** back teeth are in danger of fracture until the tooth has a crown. Therefore, we recommend you avoid hard foods like popcorn, nuts, and, of course, any hard candies!

• **Returning to your general dentist.**

• **Remember:** A temporary seal (not a filling) covers your tooth.

As we discussed, it is very important you return to your general dentist for the filling and crown for your tooth. The temporary seal I have placed in the tooth will loosen by 4 weeks. This will allow the mouth bacteria to re-infect the tooth.

***Depending on the time and severity of the re-infection, this may require re-doing the root canal.***

• **Please call my office immediately if the temporary seal is lost!**

***Please always feel free to let me know what we can do to improve our service for YOU.***

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