

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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