Mission Bay View Endodontics

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Home Care Instructions After Root Canal Treatment

- Do not drink for the first 30 minutes following your appointment. We suggest avoiding eating until the anesthetic wears off, to avoid you biting your tongue or cheek. The temporary filling **takes about 30 minutes to set.**

- After 30 minutes have passed, we recommend taking 3 Ibuprofen tablets AND 2 Acetaminophen tablets (a total of 5 tablets). These can be taken as needed.

- It's normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. This should subside within a few days. We recommend over the counter pain medicine such as ibuprofen (Motrin, Advil, Nuprin) or Naproxen (Aleve, Anaprox).

- Your tooth and surrounding gums may be tender or painful for 5-7 days because of endodontic treatment. The tenderness you may feel usually stems from inflammation. This is normal and is no cause for alarm.

- If you experience any gum irritation, we strongly recommend warm saltwater rinses as needed.

- After the numbness has worn off, you may eat and drink as you see fit. However, please favor the opposite side when chewing until the final restoration is completed by your dentist. To protect and help keep your temporary filling in place, we highly encourage you not to eat anything crunchy, sticky, or chewy to avoid a possible fracture on the tooth worked on.

- Once your root canal is complete, it is *particularly important* to **contact your dentist within the next 1-3 days to schedule an appointment for the final restoration**. The final restoration will protect your root canaled tooth from any decay and/or fracture.

- The temporary filling placed is meant to last up to 30 days, so we recommend scheduling your final restoration with your general dentist before the end of the 30 days. **Delay in obtaining the final restoration may result in fracture and/or possible loss of the tooth.**

- You may continue your regular brushing and flossing unless instructed otherwise.

- **If you have a flare-up, you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and/or any other discomfort that isn't manageable with any over the counter medications. This usually occurs within the first 24-48 hours.** Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, a steroid, and/or you may be asked to come to the office to receive further therapy. Should you experience any of these symptoms after hours you may call the office and leave a voicemail. **Please include name, date of birth, and preferred pharmacy.**

A full report with your pre- and post-operative x-rays will be sent to your dentist. If you have any questions, do not hesitate to call our office. We waive any cost of replacement of temporary filling, exams, or x-rays regarding the same tooth we evaluated for up to a year.