



COURTSIDE *Dental*

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## Post Operative Instructions after Root Canal Treatment

### Discomfort After Treatment

- It is not uncommon for a tooth to be uncomfortable or for you to experience a dull ache after a root canal has been completed. This may last anywhere between 7-10 days.
- Even if you were not experiencing any discomfort prior to treatment, it is normal to experience some degree of discomfort after.

### Medication

- If you are experiencing discomfort after treatment, take whatever medication you usually take for pain or what the dentist has prescribed you. For over the counter medications, we recommend Ibuprofen (Advil/Motrin).
- If antibiotics have been prescribed, continue to take them for the indicated length of time even if all signs and symptoms of infection are gone.
- If you experience discomfort that cannot be controlled with pain medications or should any swelling occur, **please contact our office.**

### Bite Feels Uneven

- If your bite feels uneven after the freezing wears off, please contact the office. You may need to have your bite adjusted. This will not get better on its own, and will need to be adjusted. Failure to do this can cause the premature fracture of the tooth that underwent root canal treatment.

### Food

- Please avoid eating or drinking anything hot until the freezing wears off as you may not feel the heat and you may burn yourself or you may bite your cheek or tongue.
- Avoid applying pressure or biting hard foods or hard substances on the root canal treated tooth such as ice, fingernails, and pencils/pens. After the nerve, or the “living portion” of the tooth is removed, the tooth will become weak and brittle.

### Crowns

- Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown fully covers and protects the tooth from breaking in the future. Think of it as “protecting your investment” into saving your tooth.
- Delay in getting this final crown may result in a fracture and/or possible loss of the tooth.