



## AFTERCARE FOLLOWING ENDODONTIC (ROOT CANAL) TREATMENT

The comfort of our patients is very important to us at Progressive Endodontics of Pittsford. We've prepared this sheet to provide you with information helpful to your recovery. While post-operative complications are rare, we are available around the clock should a problem arise. Just call our office.

### WHAT TO EXPECT:

- ➔ **Post-operative discomfort.** It is not uncommon for a tooth to be uncomfortable or for a patient to experience a dull ache immediately following a root canal. This is normal and should subside within one week. This feeling is a result of the infection and/or inflammation in the living bone along the outside of the root.
- ➔ **Tooth sensitivity.** Your tooth will likely be sensitive to biting pressure. This feeling is a result of the sensitivity of nerve endings in the tissue just outside the end of the root canal where we cleaned and irrigated. Again, this is normal and will subside with time.
- ➔ **Temporary filling.** It is normal for the temporary filling in the tooth to begin to wear away to some degree and a depression or rough area may be felt after several weeks.

### WHAT TO DO:

- ➔ **Medication.** We recommend that you take something for pain relief within one hour of leaving our office to get the medication into your system before the anesthetic we administered begins to wear off. We recommend Ibuprofen 800 mg, up to three times a day, because of its anti-inflammatory properties. If you have a medical condition or gastrointestinal disorder, which precludes Ibuprofen, then the next best choice is Tylenol 500-1000 mg every six hours. Prescription pain relievers and/or antibiotics may be prescribed if necessary.
- ➔ **Be careful.** Whenever possible, try to chew on the opposite side from the tooth we have just treated because your tooth is still weakened and could fracture. Until a permanent restoration and/or crown can be placed, avoid eating hard, chewy or sticky foods. On susceptible back teeth, we recommend that a crown be placed due to the inherent risk of fracture.

### YOU SHOULD CALL US IF...

- ➔ You are experiencing symptoms more intense or of longer duration than those described above.
- ➔ The temporary material becomes dislodged, feels loose or feels "high" when biting.
- ➔ You encounter significant swelling in the area that has been treated.
- ➔ Your tooth fractures, cracks or breaks.
- ➔ You have any questions at all.

The quality of your care is very important to us. Upon completion of treatment, you should contact your family dentist for follow-up restoration. This should be done within a month of your final visit to our office. Your family dentist can best decide what type of restoration is necessary to protect your tooth.