

Post-Op Instructions for Root Canals (Endo)

After Treatment:

- Your endodontic (root canal) treatment is now completed. Take pain medication before the numbness wears off to help maintain an acceptable comfort level.
- Please do not eat or drink on the affected side for 24 hours
- You may brush or floss as normal, unless otherwise instructed by the doctor

Discomfort:

- Discomfort or soreness in the area is normal for 2-3 days and can range from mild to severe. This occurs because of an existing infection and inflammation of the gum and tooth as well as the manipulation of the tooth during treatment. The gums may be sore and the tooth is often tender to biting or chewing. Over the counter pain medications such as Ibuprofen, Advil, Aleve, Aspirin, Motrin, Excedrin, and Tylenol should relieve most of the discomfort (take as directed). Rinsing with warm salt water (1 teaspoon of salt per glass of warm water) will help. Discomfort in the area in no way affects the successful outcome of treatment
- If antibiotics and/or pain medications were prescribed, please take as directed. If you were given a prescription for pain, it is meant to help you with more serious discomfort only for a couple of days. In the unlikely event that swelling, fever, or severe pain should occur, please call the office or Dr. He's cell phone.

Filling:

- A temporary filling may have been placed in your tooth. It is normal for a thin layer of the temporary filling to be chewed away between appointments. An unusual taste can be expected. It is very rare for it to fall out entirely because it is very deep in the canal, but if it does fall out, please contact us as soon as possible. It is important that your temporary filling stays intact until the placement of a permanent restoration.
- If a permanent filling was placed, please avoid chewing on that side for 24 hours. A crown should be placed within one month of the root canal being completed to protect the tooth against future fracture and decay and to protect the root canal from possible contamination.
- If you have any questions or concerns, please do not hesitate to call our office for a follow-up appointment.

Please call if you have any questions or concerns.

817-510-2960

After hours: 682-228-9088

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