



7661 Beechmont Ave. Suite 140. Cincinnati, OH 45255

GUIDELINES FOR POST-TREATMENT CARE

Do NOT eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.

Do NOT chew or bite on the treated tooth until you have had it restored by your dentist.

Be sure to brush and floss your tooth as you normally would.

Your tooth was restored with a temporary filling material, it is not usual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact your Endodontist. You may experience some discomfort in the area of the tooth that has been treated. Swelling in the affected area may also occur. Your gums may be sore and your tooth may feel tender when biting or chewing. These symptoms commonly occur for a few days following the procedure, but may linger for a few weeks. It is helpful to chew on the other side of the mouth until symptoms have resolved.

Contact your Endodontist right away if you develop any of the following:

- *a visible swelling inside or outside of your mouth;
- *an allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction);
- *a return of original symptoms; or
- *your bite feels uneven

TAKING CARE OF YOUR TOOTH

Root canal treatment is only one step in returning your tooth to full function. Your general dentist will receive a complete post-operative report indicating what type of procedure has been performed and that it has been completed. A proper final restoration of the tooth is extremely important in ensuring long-term success, and your dentist will recommend the best way to restore optimal strength, form and function to your tooth. Often a full coverage crown is the best way to guard against a fracture or reinfection that could once again compromise the tooth.

Contact your dentist as soon as possible to arrange your next appointment (ideally within 2 weeks, and no longer than a month). If your tooth is being treated in more than one visit by an Endodontist, do not return to your dentist for the final restoration until the root canal treatment is completed.

WHAT THE FUTURE HOLDS

A tooth that has had appropriate Endodontic treatment followed by a proper restoration can last as long as your other natural teeth. After the tooth has been restored, you need only practice good oral hygiene, including brushing, flossing, regular checkups and cleanings.

Your dentist or Endodontist may periodically x-ray the tooth to ensure that healing has occurred. Occasionally, a tooth that has undergone Endodontic treatment does not heal or pain continues. At times, the tooth may become painful or diseased months or even years after successful treatment.



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MEDICATIONS

Ideally, take medications before all the anesthesia wears off after your appointment.

The first drug of choice after root canal procedure is Ibuprophen, 600 mg every 6 hours.

OPTION 1: 600 mg Ibuprophen every 6 hours

OPTION 2:

If needed, you can add in either one Tylenol Extra Strength 500 mg or two Tylenol 325mg as necessary with the Ibuprophen should you need. Maximum Tylenol dosage is 4,000mg/day for healthy adults.

For example: 600 mg Ibuprophen and 500 mg Tylenol ES. (either together or alternate)

OPTION 3:

If this is not managing the pain, discontinue Tylenol and alternate in a stronger prescription painkiller (narcotic) with your Ibuprophen. Do not discontinue Ibuprophen, as this is for inflammation.

DO NOT take any over-the-counter Tylenol if you start taking a Narcotic—there is already Tylenol in this medication.

For example:

12 pm: 600 mg Ibuprophen
3 pm: Vicodin
6 pm: 600 mg Ibuprophen
9 pm: Vicodin

FLARE-UP

Post-operative pain is to be expected after any root canal procedure. However, should your pain be getting worse or suddenly change and become acute, with or without swelling, this is called a Flare-up. It occurs in 5-10% of treated teeth. It will generally take place 2-3 days after your procedures. It occurs more in cases with diagnosis of necrotic pulp (dead tooth) or retreatment. Should this occur, you will need an antibiotic.

Taking an antibiotic prophylactically or immediately after your root canal *will not* lessen your chance of flare-up.

A flare-up is managed with antibiotics and pain medications and generally runs its course in a couple of days.