

### WHAT SHOULD I EXPECT?

- 1) It is not uncommon for a tooth to be uncomfortable or even to experience pain immediately after receiving root canal treatment. This should subside within 7-10 days.
- 2) Your tooth will be sensitive to biting pressure and may even appear to feel loose. This feeling is a result of the sensitivity of nerve endings, and bruised ligaments in the tissue just outside the end of the root. This should subside within 7-10 days.
- 3) You may feel a depression or rough area (on top of a back tooth or the back of a front tooth) where the entry to the canal was made. There is a soft, temporary material in that area, which may wear off to some degree before your next visit.
- 4) Occasionally the treated area may become slightly swollen; this is a result of inflammation. Anti-inflammatory medication is helpful in reducing this temporary healing process.
- 5) The removal of the pulp of the tooth will prevent sensitivity to hot, cold and decay. This does NOT protect the tooth against further cavities.

*In order for the best possible results to be achieved, we ask that you follow these instructions:*

- A. **WHAT MEDICATION SHOULD I TAKE?** – Take an anti-inflammatory where possible and/or something for pain relief within one hour of leaving the office; this should be done before the anesthesia begins to wear off. Generally one dose every six hours as needed. One dose is 3-4 tablets of 200mg each of Ibuprofen (i.e., Advil, Motrin).
  - i. If you cannot take Ibuprofen because of a medical condition or a stomach disorder, (Tylenol) acetaminophen can be taken instead, although it does not contain anti-inflammatory properties.
  - ii. As an alternative to ibuprofen, 1 tablet of Aleve (50 mg) every 12 hours is also recommended.
  - iii. Aspirin and aspirin containing products are **not** advisable, as they tend to increase bleeding from the area that was treated.
  - iv. Sometimes antibiotics and painkillers are prescribed to help control infection, and pain. Please take all medication as directed.
- B. **WHAT CAN I EAT ON THE DAY OF TREATMENT?** – Liquids are allowable, beverages not too hot, soup, shakes, and other foods that do not require excessive chewing of the treated area/tooth for two hours. For the period of two hours after the appointment, then soft foods (i.e., pasta) are allowable.
- C. **WHAT FOODS SHOULD I AVOID?** – Please avoid chewing gum, caramels, popcorn, or other sticky, soft candy, bread, or bagels, which could dislodge the temporary material or fracture your tooth.
- D. **WHAT DO I DO NEXT? – Call your dentist today to schedule an appointment for the next step in the restoration of your tooth.** Restoration of the tooth is your dentist's responsibility and should occur within a few weeks. Delay in restoration can result in contamination of the root canal filling or outright fracture and loss of the tooth – this can happen in as little as 28 days. **DO NOT WAIT!** The root canal specialists cannot be held responsible for failure of the root canal in cases where excessive delay in restoration of the tooth (i.e., crown).

Please call if you are experiencing symptoms more intense or of longer duration than those described above, if you encounter significant post-operative swelling; develop a fever, rash or numbness, if the temporary material comes off or feeling “high” when biting, if your tooth fractures, or if you have any questions, or concerns not addressed in this letter.

*If you have an emergency and we are not in the office to assist you please feel free to call the office, Dr. Ollerhead's cellular phone at (339) 223-0948 or our answering service at 1 (800) 522-0868.*