

Reuss and Reuss Dental

Post Operative Instructions: Root Canal Therapy

You just had root canal therapy. The canals inside the roots of your tooth were cleaned, irrigated, medicated, and permanently sealed. The opening in the tooth through which the root canal treatment was done has been sealed with a composite build up material. You can promote faster healing and avoid complications by knowing what to expect and following these simple instructions.

Final Restoration: After a tooth has had a root canal, it is recommended that the tooth be restored with a crown. Delay in obtaining the final restoration (crown) may result in fracture and/or possible loss of the tooth.

Healing: After a root canal is done, your tooth will no longer be sensitive to hot or cold; however, you may feel a dull ache or sensitivity to biting pressure for a period of time. This may be normal and the tooth may just need some time to heal. If sensitivity persists or you feel as though you are hitting heavy on that tooth, please call our office. The build up material may just need a simple adjustment.

Diet: When possible, chew food on the opposite side of the tooth that was treated in order to help with sensitivity while the tooth is healing and also to prevent fractures before the final restoration is done.

Pain: You may be prescribed a medication to control discomfort and you should take your first pill before the anesthetic has worn off. If prescribed a pain medication, take it as instructed on the label. Do not exceed the recommended dosage. Avoid driving or operating heavy machinery when taking prescription pain medications. Do not drink alcohol while taking prescription pain medications. If prescription pain medication is not needed, you may substitute for over-the-counter pain medication; such as: Ibuprofen, Motrin, Advil or whatever non-aspirin pain reliever you would use for a headache.

Antibiotic: If prescribed, be sure to take an antibiotic as directed to help treat or prevent infection.

Nausea: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pill with a small amount of soft food, then taking the pill with a large amount of water. Staying in a reclined position also seems to settle the stomach.

Numbness: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. After the anesthetic wears off, you may notice that your bite feels

different. If you notice that you are hitting heavy the tooth that had the root canal done, call our office. You may need to have the bite adjusted.

Brushing: It is important to keep your teeth clean. Please brush and floss as directed.

Jaw Joint Pain: Your jaw may be sore from holding your mouth open during surgery. Massage jaw muscles gently and eat soft foods. Do not over extend opening your mouth, as it can further aggravate this area.

Follow-Up Appointment: You will need to be seen in our office within 1-2 weeks in order to have the final restoration done. Until this, the tooth is weakened and could fracture, so avoid chewing food (especially hard or crunchy food) on the side of the mouth that the tooth was treated.

If you have any further questions or problems please call: 530-365-4581

drreuss.com