



POST OP CARE

ROOT CANAL THERAPY

Root canal therapy (also called a root canal or RCT) was performed as your tooth's nerve and pulp became permanently damaged due to deep decay, repeated dental procedures on a tooth, large fillings, a crack or chip in the tooth, or trauma to the face.

AFTER YOUR ROOT CANAL THERAPY HAS BEEN COMPLETED

Your root canal therapy should relieve your toothache, stop any infection, and promote healing. Please avoid biting down on this tooth for the next few days. It is not uncommon for your tooth to be tender after a root canal, and avoiding chewing on this tooth helps healing to occur more quickly. You should also avoid biting your lip, cheek and tongue until the anesthetic wears off as you may inadvertently hurt yourself.

DISCOMFORT AFTER TREATMENT

If you were prescribed narcotic pain medication, this should help to alleviate any discomfort you may have. Continue to take any prescribed medications as per instructions from your Doctor. If you were not, over the counter medication such as Acetaminophen (Tylenol) Ibuprofen (Advil, Motrin) usually helps as well.

If you were experiencing pain prior to starting your root canal treatment, it may take up to a week or more for this tooth to return to “normal” sensations. Root canal therapy needs to time for any infection to be resolved.

If you were not experiencing pain prior to treatment, your tooth may still be sore for a few days after treatment. Your jaw may also be tender – again this is not unusual. Any pain or discomfort should be alleviated with time – it may take up to a week or more.

FINAL RESTORATION AFTER ROOT CANAL THERAPY

A permanent crown is the next treatment step after your root canal therapy.

If you have an existing crown already, your Doctor will discuss what your next steps should be – this may be either placing a permanent filling or replacing your existing crown.

If you do not have an existing crown on this tooth yet, you should schedule promptly for your next appointment. Your tooth will have just a temporary filling that needs to be restored with a permanent crown before it breaks down. Failure to have this crown placed in a timely manner will cause your tooth to become more susceptible to breaking or bacteria that can recontaminate your tooth.

WHEN TO CONTACT US

Should you have pain that you cannot tolerate, abnormal swelling or fever, please contact us. We want to make sure your recovery be as smooth as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

PLEASE NOTE: Telephone calls for narcotic (pain killer) prescription renewal are ONLY accepted during office hours.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR BLUE HILLS DENTAL OFFICE