



Post operative care instructions after root canal treatment

This guide is intended to answer questions you may have about the post-operative period and to give you information on how to preserve the health of your tooth following root canal treatment.

What should I expect following endodontic treatment?

The root canal system inside your tooth has been thoroughly cleaned, and the irritated tissue and bacteria that have caused you to need root canal treatment are gone. After any invasive treatment, there will be bruising, which can range from mild to more severe as your body is undergoing the natural healing process. These conditions exist because the area around the tooth has been inflamed before treatment was started and due to the manipulation of the tooth during treatment. You may also feel some tenderness in your jaw from keeping it open and soreness on your gums from the rubberdam clamp for an extended period of time. These symptoms are temporary and usually respond well to analgetics, like Ibuprofen and Paracetamol. We recommend you take something for pain-relief within one hour of leaving the practice, to get the medication into your blood system before the anesthesia we administered begins to subside.

Post-operative infections (Phoenix abscess) very occasionally occur with symptoms of swelling and fever. This is no cause for alarm and usually requires a one week regimen of antibiotics. Please contact the practice, if you should experience any of these symptoms. Your tooth may continue to feel slightly



different from your other teeth for some time after your root canal treatment has been completed.

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. Root canal treated teeth are very likely to fracture without a permanent restoration, so please avoid crunchy or hard foods until you have had your tooth restored. Be sure to brush and floss your teeth as you normally would. If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact the practice.

Post Treatment Restoration

Root canal treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success.

The 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.

Periodically x-rays may be taken of 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. Often when this occurs, repeating the endodontic procedure can save the tooth.