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Post Op Instructions for Root canal Therapy

First of all, congratulations, you made it through the root canal! Hopefully you had a pleasant experience, considering the circumstances. That truly is our goal.

The most difficult question we are asked is, "*What am I going to feel after the numbness wears off?*" Root canal therapy disinfects the inside of the root of an infected tooth. Since everyone heals differently, it is hard to predict what your experience will be. The following instructions are meant to guide you through the healing phase as comfortable as possible.

1. Don't eat or drink anything for the next half hour. DO NOT try to feel around your tooth with your tongue if have a temporary filling or temporary crown in the tooth and it takes about half an hour to harden.
2. If you are given any prescription medications related to this treatment please take them as instructed by your doctor.
3. Rinsing the inside of your mouth in the area of the treatment several times a day with warm salt water rinses can relieve mild irritation of the gum around the tooth.
4. Try not to chew on the treated tooth for the next few days in order to minimize irritation to the 'healing' tooth. If your bite feels high or you cannot close your mouth without pain, please let us know so that your bite can be adjusted.
5. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling/crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth.
6. You need to have a permanent filling or a crown placed on your tooth within 1 MONTH of the root canal being completed if not done already at you RCT appointment.
7. Some minor discomfort in the area is normal following the root canal. It is normal for the tooth to be uncomfortable for 2-3 days after today's treatment.
8. You may floss and brush your tooth as normal, unless told otherwise by the doctor.

PLEASE READ THIS LAST SECTION, IT IS VERY IMPORTANT!!!!

FLARE-UPS. Although about 95% of root canals cause very little to no discomfort after the treatment is completed, there are about 5% of cases which can cause significant pain. These are commonly referred to as "flare-ups." They mostly occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history of prior treatment. Sometimes, however, they occur randomly, even on patients that have had several root canals done previously without any problems. If you have a flare-up you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and general discomfort, which usually begins a few hours after treatment and may last 2 to 3 days.

Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, a steroid, and/or you may be asked to come to the office to receive further therapy.

Should you experience any of these symptoms after hours you may call the doctor on call at (972) 423-5300