



**D O N T I C S • A S S O C I A T E S**  
**R O O T C A N A L E X P E R T S**

**ROOT CANAL AFTERCARE**

The degree of comfort after root canal therapy often depends upon how well a patient complies with the instructions given at the time of treatment. It is important to understand what "normal" post treatment symptoms are so they can be handled in an appropriate manner.

**TAKE MEDICINE AS PRESCRIBED:**

It is possible to experience no pain after root canal therapy but some discomfort is more likely due to inflammation. As with any insult to the body (e.g. insect bites, burns and scrapes) inflammation results when pulp tissue is removed from the root canal. Inflammation may increase the first 24-72 hours and then slowly subside over the next few weeks. We recommend you take an anti-inflammatory drug, if you are able, such as ibuprofen (e.g. Advil, Motrin) immediately following the appointment and continue taking it for the next 3 days, and then as needed.

If discomfort does not decrease after a few weeks, or you have pain not alleviated by medication, or develop swelling, call our office. We will suggest additional medication or other steps to make you more comfortable. If given an antibiotic for infection please take the entire prescription.

**IMPORTANT NOTE:** Under no circumstances should you apply heat to the outside of your face. You may use ice.

**DO NOT CHEW ON THE TOOTH AT ALL!!!**

On the day of treatment, it is important you chew on the other side. The treated tooth should experience no strain whatsoever. After the first few days, you may gradually introduce soft foods to the treated tooth. Remember that your tooth has been traumatized and needs to heal completely before you can expect full function.

**IF TOOTH FEELS HIGH:**

If your treated tooth feels higher than the surrounding teeth, call our office and we will schedule you to come in for an adjustment. We can reduce the surface area so that it fits comfortably with the rest of your bite.

(Please note: The process of inflammation can actually elevate a tooth, thus creating this problem... another reason for taking anti-inflammatory drugs regularly!)

**TEMPORARY FILLINGS:**

If a temporary filling has been placed, PLEASE REMEMBER to call your dentist for a permanent restoration.

**WE ARE ON CALL IN CASE OF EMERGENCY: (717) 545-7400**

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