

POST-TREATMENT INSTRUCTIONS-ROOT CANAL

- Your root canal is now complete. The canal or canals have been sealed and nature must now have time to repair the damage that the original irritant produced. **Do not chew on the tooth until final restoration is placed.** Although the roots are permanently sealed, the outer surface is filled with temporary cement, which is hard but will only last for a few weeks. **It is advisable to see your regular dentist within 1 to 2 weeks BUT NO longer than a month to restore the tooth permanently.** Current research has shown that even newly sealed root canals will be totally contaminated with bacteria if the temporary filling is missing for over three weeks. **A final restoration (crown, onlay, filling) will give the tooth its necessary protection.** A letter and copy of your final x-ray will be sent to your general dentist. Please contact your general dentist to schedule your permanent restoration.
- It is common to experience discomfort following root canal treatment and in most cases can be managed using over-the-counter pain relievers. If permitted by your medical doctor, NSAIDS such as Ibuprofen or Naproxen may be taken for discomfort. Tylenol may work as well.
- If a prescription for narcotic pain medicine has been given to you (i.e. Vicodin, Hydrocodone, Percocet, Oxycodone, Tylenol w/Codeine), it is very important that you follow the instructions. **DO NOT** drive, operate heavy equipment or make important decisions.
- An antibiotic may be prescribed to promote the healing process and speed up the omission of any infection that may have been present. Follow the instructions and take the entire prescription as directed on the bottle. Be sure to take all the medication and do not stop taking even if the tooth begins to feel better.
- **STOP** taking these medications immediately and seek medical attention if you experience any adverse reaction (hives, itching, swollen lips/tongue or severe diarrhea).
- Contact our office at 813-907-7668 to report any problems or concerns with your medications or procedure as soon as possible.

Brian Wells, DMD

Ashley Millstein, DMD

Your appointment with Dr. _____ is _____
to proceed with your final restoration.

INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

WHAT TO DO:

- Avoid strenuous activities for the remainder of the day. No unnecessary lifting.
- Continue icing (15 minutes on; 15 minutes off; etc.) for the first 6-8 hours after surgery, or until you go to bed. This will minimize swelling and discoloration. **DO NOT** use ice after the first day.
- Continue to take your medications as prescribed.
- When you lie down, keep your head elevated with an extra pillow for the first 48 hours.
- **DO NOT** blow your nose. You may cause unnecessary swelling. **DO NOT** raise your lip to look at the sutures. This may disrupt or tear the sutures.
- Eat what is comfortable to you. Try to avoid eating very hot, spicy or brittle, crunchy foods and liquids. Avoid hard foods that require heavy pressure to chew. **DO NOT** drink fluids through a straw.
- **DO NOT** rinse your mouth on the day of surgery. Starting tomorrow, gently rinse the treated area with warm salt water after meals. Use one-half teaspoon of salt in a large glass of warm water.
- Avoid brushing at the surgical site for the first 24 hours. By the next day, if it is not too uncomfortable, you may begin gentle brushing at the site. By a week after treatment, you should be able to become more aggressive with your brushing. You may notice some slight gum bleeding as you get more aggressive, but this will lessen with time.
- Return to this office for suture removal as directed.

WHAT TO EXPECT:

- Inflammation of the tissue around the surgery site.
- Some slight bleeding at the surgery site after treatment. You may use the provided gauze to help clot this minor bleeding. Minimal talking and activity will help keep these symptoms to a minimum.
- Some swelling for the first 24-48 hours.
- Some bruising and discoloration of the tissue near the surgery site.
- Anesthetic numbness 4-6 hours after procedure.
- There is often temporary loss of feeling in the surgical site.
- The treated tooth may feel loose for a brief time.

***DO NOT** hesitate to call the office if you have any questions about unusual bleeding or severe pain. In case of emergency, you can reach Dr. Wells at (813) 907-7668.*