

Root Canal Post-Operative Care

You have just had root canal therapy at Hutchinson Family Dental. The following information and instructions will help you to understand the procedure and healing process.

Inside of all normal teeth is a cavity containing nerves, blood vessels and live soft tissue called the pulp. Occasionally the pulp tissue is abused by trauma, deep decay, large fillings, crowns, or other factors. This can cause the pulp tissue to be irreversibly damaged. The result is usually pain or bone destruction and can be visible on dental x-rays or CBCT. A root canal is recommended to remove the pulp, disinfect the space and fill the area with specialized filling materials that promote healing.

The following recommendations will help prevent discomfort and promote healing:

- It is recommended that you take something for pain-relief within one hour of leaving our office. Take 800 mg Ibuprofen (4 x 200 mg tablets) 3 times a day (with food) for 3 days. This will help to prevent any swelling or discomfort.
- Applying an ice pack over the treated area when you first get home will help minimize swelling. Alternate 5 minutes on and 5 minutes as needed.
- Do not chew or eat on the side of your mouth that has been treated until all numbness has completely worn off.
- If you had a temporary crown placed, try to chew on the opposite side from the treated tooth until the permanent crown is placed.
- Do not smoke during the first 24 hours and minimize smoking during the healing process.
- Avoid strenuous exercise for 24 hours.
- Avoid crunchy or hard foods which could cause the tooth without a crown to fracture.
- If a crown or additional treatment is needed, it's **VERY IMPORTANT** that you return to our office soon after your root canal to continue treatment. Delay in treatment can lead to bacteria in the treated area, fracture or loss of the tooth or additional problems to the root, bone or gums.

If you have any questions, please call our office at 620-663-9119.