

POST-OPERATIVE INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

Provided for your comfort and recovery following endodontic treatment, adhering to American Association of Endodontics (AAE) best practices.

Numbness & Chewing

- Your lips, teeth, and tongue may remain numb for several hours after the appointment.
- Avoid chewing or eating until the local anesthetic has completely worn off to prevent accidentally biting your lip, cheek, or tongue.
- Do NOT chew or bite directly on the treated tooth until it is fully restored by your dentist. The tooth is fragile and prone to fracture until a permanent filling or crown is placed.

Pain Reduction Protocol

- Moderate discomfort is expected as the anesthetic wears off.
- Discomfort or tenderness in the area is normal for a few days as the tissues surrounding the root heal, especially when chewing.
- Most discomfort can be controlled by alternating non-steroidal anti-inflammatory ibuprofen (Advil, 400 mg) and acetaminophen (Extra Strength Tylenol, 1000 mg) every 8 hours, unless contraindicated.
- Take pain medications before the local anesthetic fully diminishes, preferably with food to avoid nausea.

Swelling & Complications

- Significant swelling is not typically expected after a routine root canal
- If you experience visible swelling inside or outside of your mouth, an allergic reaction to medication, or a return of your original symptoms, please call the office immediately or seek emergent care from your nearest emergency room facility

Oral Hygiene

- Continue to brush and floss your teeth normally to maintain good oral hygiene, but be gentle when cleaning around the treated tooth.
- If a temporary filling was placed in the tooth, it is normal for a thin layer of it to wear off or sink slightly between appointments.

Nutrition & Habits

- Restrict yourself to a soft diet initially. Chew on the opposite side of your mouth.
- Avoid extremely hard, sticky, or chewy foods (like gum or caramels) that could dislodge the temporary filling or fracture the tooth.

Antibiotics & Appointments

- If prescribed, take antibiotics strictly as directed until fully finished.
- Schedule a follow-up appointment with your restorative dentist within a few weeks (usually 2-4 weeks) to have a permanent crown or filling placed to protect the tooth from fracture and decay

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)
2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)
400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)
509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)
3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000