CONTEMPORARY
ENDODONTICS
PRACTICE LIMITED TO ENDODONTICS
MICROSCOPIC & MICROSURGICAL ROOT CANAL THERAPY
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What should I expect following endodontic treatment?

- The root canal system inside your tooth has been thoroughly cleaned, and the irritated tissue and bacteria that have caused you to need endodontic treatment are gone.
- In necrotic (infected) and retreatment cases there are high concentrations of bacteria which are present both in the tooth and bone. These bacteria can irritate your immune system and can result in pressure, radiating pain, and swelling. If you fall into this category, your endodontist will prescribe the appropriate medication to try to minimize these symptoms.
- It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period. These symptoms are temporary and usually respond very well to over-the-counter pain medications. Remember that narcotic medications, if prescribed, may make you drowsy, and caution should be exercised when operating dangerous machinery or driving a car.
- Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, contact your endodontist.

Suggested Over-the-Counter Analgesic Regimen (unless otherwise instructed)

- IBUPROFEN (also known as ADVIL or MOTRIN) 600mg (3 tablets) *not to exceed 3200mg/day
- ACETAMINOPHEN ES (also known as EXTRA STRENGTH TYLENOL) 1000mg (2 caplets) *not to exceed 3000mg/day

Take 600mg IBUPROFEN every 6 hours. You can alternate with 1000mg ACETAMINOPHEN ES if additional pain relief is necessary. If allergic or have a medical condition that prevents you from taking these, please consult with your endodontist for alternatives.

Example:

8:00am	11:00am	2:00pm	5:00pm	8:00pm	11:00pm
600mg IBUPROFEN	1000mg ACETAMINOPHEN ES	600mg IBUPROFEN	1000mg ACETAMINOPHEN ES	600mg IBUPROFEN	1000mg ACETAMINOPHEN ES

If your endodontist prescribed NORCO or TYLENOL III, SUBSTITUTE the prescription medication with the ACETAMINOPHEN in the above directions if needed. Do NOT take any medications containing ACETAMINOPHEN at the same time as these prescriptions!

Guidelines for Post-Treatment Care

- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored by your dentist. This prevents fracturing and the possible loss of your treated tooth.
- Be sure to brush and floss your teeth as you normally would.
- If the opening in your tooth was restored with a temporary filling, it is not unusual for a thin layer to wear off. However, if you think the entire filling has come out, contact your endodontist.
- Take prescriptions as directed. Always take the full course of antibiotics (if prescribed) unless otherwise directed.
- Contact your endodontist right away if you develop any of the following:
  - visible swelling inside or outside of your mouth.
  - an allergic reaction to medication, including rash, hives or itching, tightness in throat or difficulty breathing.
  - a return of original symptoms.
  - your bite feels uneven or high.

Taking Care of Your Tooth

- Endodontic treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success. Contact your dentist within two weeks to arrange your next appointment. If your tooth is being treated in more than one visit by an endodontist, do not return to your dentist for the final restoration until the root canal treatment is completed.

What the Future Holds

- A tooth that has had appropriate endodontic treatment followed by a proper restoration can last as long as your other natural teeth. After the tooth has been restored, you need only practice good oral hygiene, including brushing, flossing, regular checkups, and cleanings.
- Your dentist or endodontist may periodically x-ray the tooth to ensure that healing has occurred. Occasionally, a tooth that has undergone endodontic treatment does not heal or pain continues. At times, the tooth may become painful or diseased months or even years after successful treatment. Often when this occurs, repeating the endodontic procedure or performing endodontic surgery can save the tooth.

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