



DAVID KAHN DMD | MATTHEW KAHN DDS

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POST-OP INSTRUCTIONS ROOT CANAL THERAPY

What to expect following procedure:

- **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.

What to do following the procedure:

- Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue as needed.
- Eat soft foods for the first 48 hours following procedure. Maintain a good, balanced diet. Drink plenty of water
- Avoid chewing directly in the area of the procedure.
- Brush your teeth after each meal.
- When limited tooth structure remains, the clamp that holds the rubber dam may be placed on gum tissue. As a result, the gums around the tooth that was treated may be a little sore. A saltwater solutions ($\frac{1}{2}$ tsp. salt + $\frac{1}{2}$ tsp. baking soda + 8 ounces warm water) held in your mouth for 2-3 minutes every hour may make your mouth more comfortable.
- If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- **The roots of lower molars and premolars are very close to the nerve that provides sensation to the teeth, chin and lip of your lower jaw. It is possible for materials used during the procedure to effect the sensory jaw nerve. If numbness persists the next morning or suddenly appears within three days of your root canal therapy, immediately telephone our office so that we may refer you to the appropriate specialist to surgically remove any root canal filling material overfill that may impinging on the sensory jawnerve causing altered sensation to the teeth, lip or chin.**
- **Treatment is not finished after root canal therapy. Patients must return for a final restoration to protect the tooth from re-infection and/or fracture.**



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Please call LI Sound Dental Solutions if you have:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching or breathing problems

Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected.