



DENTAL HOUSE
DENTAL EXCELLENCE COMPASSIONATE CARE

A Dental Office of Janak B. Patel, D.D.S.

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Home Care Instructions After Root Canal Treatment

Thank you for allowing us to serve your dental needs. I hope my staff and I have made this a pleasant experience for you. You have just completed a surgical procedure, and we wanted you to know how to take care of your tooth to ensure long term success of the treatment.

1. The temporary filling: You now have a temporary filling in your tooth. Avoid eating anything or drinking hot liquids for 30 minutes following the completion of treatment. Cold liquids are okay. Avoid sticky foods (gum, taffy, etc.) until you have a permanent restoration placed on the tooth. The ideal restoration would be a crown. The temporary filling is designed to last a maximum of six (6) weeks. It is very important that you return within six weeks to have a permanent restoration placed. You may want to wait at least two weeks for the soreness to resolve before having the restoration placed. Failure to obtain a final restoration may result in fracture of the tooth or bacterial contamination of the roots.

2. What should I feel? Remember that root canal treatment is a form of surgery performed on your body; therefore, it is normal for patients to experience discomfort for one to ten days following root canal treatment. The ligament tissue around the tooth can become inflamed as a result of treatment. Taking an anti-inflammatory, such as Motrin, Advil or Ibuprofen will help reduce the inflammation and minimize discomfort. Dr. Patel suggests taking up to 800mg of Ibuprofen three times daily with food. If you cannot take Ibuprofen, take two Tylenol tablets every four hours.

For more severe pain management, you may take a narcotic prescription medication (i.e. Lortab, Panlor) if it has been prescribed. Continue to take your Ibuprofen with the narcotic pain medication. DO NOT take Tylenol with your narcotic prescription.

If you feel tightness and pressure around the tooth, you can apply an ice pack to your face to help relieve the discomfort. DO NOT put heat on your face.

If the tooth feels like it is hitting harder than the other teeth, it may have raised up slightly from the inflammation. Please call our office and we will be happy to adjust your bite on the tooth that had the root canal.

3. Emergencies: In a small percentage of cases, swelling and/or severe pain can occur following root canal treatment. Remember to use ice (NOT HEAT). Please call our office number (704-216-9153) to speak to one of our staff members.

Note: Root canal therapy does not guarantee restoration of the tooth. Rarely, after root canal treatment, the tooth may still fracture or become infected, requiring additional treatment. NO REFUNDS will be given for fractured teeth left unprotected or for teeth that become re-infected since a crown was not placed. Thank you for choosing Dental House, a dental office of Dr. Janak Patel, and allowing us to be partners in serving your dental needs.