

**Post Operative Instructions**  
**Post Op Root Canal Instructions**

*Root canal treatment has been performed to prevent infection and to eliminate the need for an extraction. The dying or dead nerve has been removed through the top or the back of your tooth. The cleaned out root has been or will be filled with an inert rubber-like filling material called gutta percha. Although your tooth will no longer be able to sense hot or cold after the final restoration, the root canal will keep your tooth functional for many years.*

**Discomfort:** It is normal for the tooth to be sore after root canal treatment. This should steadily improve, let the tooth tell you when it is okay to chew on it. Non-steroidal inflammatory drugs like Motrin (Ibuprofen) or Aleve (Naproxen Sodium) help reduce pain and inflammation, as well as aid in healing. Ibuprofen in 400 to 600, even up to 800 mg during more severe pain, can be taken every 4 to 6 hours (do not exceed 3200mg in 24 hours).

**Swelling:** If swelling was present before treatment, it should be decreasing. Please contact this office if swelling begins increasing.

**Permanent Restoration:** Your tooth only has a temporary restoration to seal the access opening. The tooth will need a permanent restoration. Root Canalled teeth become brittle and are more susceptible to fracture. For this reason, it is common that a build up, with or without a post, will be needed before a crown is placed on the tooth.

**Darkening:** Some darkening of a root canalled tooth is normal. This can be treated with bleaching, veneers, or crowning the tooth.

**Success:** Root Canals enjoy a greater than 90% long-term success rate, with the odds decreasing if the tooth had a long-standing infection. Failing root canals can often be treated by retreatment or surgical treatment (apicoectomy) or extraction and replacement with an implant.