



Sudbury Endodontics, P.C.

Post Root Canal Instructions

Your Endodontic treatment:

- is NOT complete and your next appointment is _____
- is complete. The root canals are permanently sealed. Please phone your dentist promptly for an appointment to have the tooth restored.

Your filling material is:

- PERMANENT
- TEMPORARY

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 root canal treatment are gone.

It is normal to feel some tenderness in the area over the next few weeks 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 of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications. Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed.

Having the tooth restored will protect the tooth against fracture and decay. Most back teeth treated will require a crown. Delay in obtaining a final restoration may result in a fracture and the possible loss of the tooth. You may eat and drink as soon as the numbness wears off. If your filling is temporary, we recommend that you not eat anything sticky or chew on the treated side. The anesthetic may take two or more hours to wear off.

We recommend taking **400-600mg of Ibuprofen (Advil, Motrin IB, Nuprin) every 4- 6 hours for the first 2-3 days following treatment.** This will speed the healing process and reduce any discomfort following treatment. If for any reason you are allergic to Ibuprofen, you may take two Extra Strength Tylenol tablets every 4 hours.

Bathing the tooth in very warm salt water (one teaspoon per glass of water) may also be helpful in soothing the tooth after treatment. **Avoid chewing on the treated side of your mouth until the tooth has a permanent restoration.***

Upon completion of your treatment, your general dentist is informed including a progress report. We place you on our recall list so that we can check the progress of our treatment. There is no charge for this recall. You will receive a reminder in the mail.

In the unlikely event that you experience severe pain or swelling please call our office at **978-443-7101** we will assist you. If it is after hours, our answering service has the doctor's on call telephone number.

If you were prescribed medication by this office please take it as directed. Any medications for pain including Tylenol may increase the effects of alcohol and for that reason alcohol should be avoided until you are no longer taking the medication. Women, if you are prescribed antibiotics your contraceptive method may be less effective in preventing pregnancy. It is recommended that an additional contraceptive method be employed until you have completely finished your prescription.

We thank you for the opportunity to assist with your dental health.

Sincerely,

Dr. Kelly A. Barnes
Dr. Joyce Johnston-Neesser