

The Right Approach

Trusted
Innovative
Personalized



ROOT CANAL TREATMENT

for a healthy, beautiful smile!

WHAT TO DO

The first 48 hours are the most critical in the healing process. There are several important steps you can take to maximize the results of your treatment and ease any post-operative discomfort you might experience.

DO NOT SMOKE or drink **ALCOHOL**: these substances severely interfere with your body's ability to heal.

DO NOT BITE directly on the treated tooth until it is adequately reinforced.
(see reverse)

DO NOT EAT ANYTHING while still numb as you can inadvertently bite your lip. After anesthesia goes away, keep food away from the affected area.

LIMIT your **PHYSICAL ACTIVITY** to prevent increase in blood pressure which might increase discomfort.

After this period return to your regular diet and hygiene routine as tolerated.

WHAT TO EXPECT

HEALING process begins immediately after the root canal system inside your tooth has been thoroughly cleaned, and the irritated tissue and bacteria are gone.

TENDERNESS in the area surrounding the affected tooth, if present, is the result of keeping your mouth open for a prolonged period of time.

SORENESS to biting on the treated tooth may persist for up to two weeks, and will gradually get better.

SWELLING around the mouth, cheek, eyes, and side of the face is common. The swelling may not appear immediately, and sometimes happens up to 2-3 days post-treatment. You can help minimize discomfort by applying ice packs to the affected area.

PAIN you experience immediately after the procedure is most severe. It will gradually improve over the next several days. It is beneficial to take 600mg of Ibuprofen (Motrin or Advil) before your numbness wears off as it will reduce inflammation in the area.

If antibiotics are prescribed you should carefully follow the instructions and finish the antibiotics until they are completely gone.

If you have **ANY** questions regarding these directions or if you experience **ANY** difficulties following your treatment do not hesitate to call Dr. Vinson at (917) 887-1792.