

Congratulations! By saving your tooth with root canal treatment, you have made a significant step towards better oral health. This guide is intended to answer questions you may have about the post-operative period and to give you information on how to preserve the health of your tooth following root canal treatment.

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.

Postoperative discomfort is sometimes experienced after a treatment visit. It is **normal** to feel some tenderness in the area over the next few days 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.

This discomfort, if any, will usually maximize in approximately 48-72 hours and then subside. Please avoid very hard or chewy foods for a few days. However, if you have severe pain or pressure that lasts more than a few days, **contact Dr. Vinson**.

Guidelines for Post-Treatment Care

- Do not chew or bite on the treated tooth until it has been *fully* restored.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, **contact Dr. Vinson**.
- If antibiotic medication has been prescribed please take it as indicated until you have finished ALL of the medication. If you encounter any difficulty in breathing, skin rash, or gastric disturbance should occur, please discontinue the medication immediately, and call the office.
- **Contact Dr. Vinson right away** if you develop any of the following:
 - a visible swelling inside or outside of your mouth;
 - an allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction);
 - a return of original symptoms; or
 - your bite feels uneven.

Taking Care of Your Tooth

Root canal treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success. A crown or other final restoration should be placed within a short time interval after root canal therapy is completed unless we have advised you otherwise.

What the Future Holds

The tooth that has had appropriate endodontic treatment followed by a proper restoration can last as long as your other natural teeth. After the tooth has been restored, you need only practice good oral hygiene, including brushing, flossing, regular checkups and cleanings.

If any additional questions should arise after your visit, please do not hesitate to contact Dr. Vinson at (917) 887-1792