

# **Instructions for after your Root Canal**

\* Pain when biting is a normal inflammatory reaction after root canal treatment. Discomfort and swelling of the affected side may occur for 24 to 48 hours. Tenderness when chewing may persist for up to a week.

\* While you are still numb, be careful not to bite your lip or burn your mouth on hot beverages/foods.

\* Ibuprofen (ie. Advil, Motrin) 400-600mg every 6 hours usually will provide sufficient pain relief. Be sure to take this with food. Additional medications will be prescribed if needed.

\* If a localized abscess is present, rinse with warm salt water to promote drainage (dissolve 1 tsp salt in 1 cup warm water).

\* Antibiotics may be prescribed for infection. All of this medication should be taken as directed unless an allergic reaction develops. If there are signs of an allergic reaction (ie. rash, itching, unusual swelling), stop taking the medication immediately and call Dr. Cohen. If the reaction is severe (ie. difficulty breathing), go to the nearest Emergency Room.

\* No alcoholic beverages should be consumed while taking these medications.

\* To avoid a fracture of the tooth, a crown should be placed as soon as possible. It is OK to wait 2-3 weeks to let tenderness diminish before proceeding with the crown.

\* During root canal treatment, the nerve, blood supply, and decayed tooth structure are removed. This results in the tooth becoming more prone to fracture. Be gentle with the tooth while eating until the final restoration is placed. Stay away from foods that may break the temporary filling or the tooth (ie. popcorn kernels, carrots, chips, all hard foods).

***ALWAYS REMEMBER IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR TREATMENT PLEASE CALL DR. COHEN AT 206-937-1010 .***