



2409 Lakeview Pkwy #300
Rowlett, TX 75088
972-412-2828

HOME CARE FOR ROOT CANAL THERAPY

It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root-canal therapy. This should subside within a few days (or even weeks). This occurs because of conditions, which existed before treatment was started. Experience shows that if there was pain prior to treatment there maybe a degree of pain that will continue for a few days after the procedure. Remember that pain radiates. You may feel sensations of discomfort that are not related to the treated area during the healing process. This can be created by inflammation in this area and/or due to increase in blood volume that natural occurs in the healing process.

The gums may be sore and the tooth may be tender when biting or chewing. These conditions exist because the nerves around the tooth have been inflamed because of the conditions that existed before treatment was started and due to the manipulation of the tooth during treatment.

Please do not chew or attempt to eat on the side of your mouth that has been worked on while this area is still numb. You may want to put an ice pack over area where the procedure was done for 1/2 hour when you first get home to minimize swelling.

We recommend you take something for pain-relief within one hour of leaving our office, to get the medication into your blood system before the anesthesia we administered begins to subside. Generally, only one dose is needed. Aspirin and aspirin-containing products are NOT advisable, as they tend to increase bleeding from the area that was treated. Please take any and all prescribed medication as directed.

Whenever possible, try to chew on the opposite side from the tooth we have just treated, until you have a crown place. Until that time, your tooth still is weakened and could fracture.

Do not smoke during the first 24 hours and minimize the number of times you smoke during the remaining healing process because smoking delays the healing process. Avoid drinking alcoholic beverages. Avoid strenuous exercise for 24 hours.

If you have any questions or problems, please do not hesitate to contact our office at 972-412-2828 or after hours at 972-648-7518