

Post Operative Instructions: Root Canal Treatment



Clarence Street
DENTAL Group

What to Expect

- It is normal to feel some tenderness in the area for a few days after your root canal treatment as your body undergoes the natural healing process.
- Some initial discomfort may increase in intensity, and last anywhere between 7 to 10 days.
- Some mild swelling local to the area might also occur.
- You may also feel some tenderness in your jaw from keeping it open for an extended period of time.
- These are not unusual postoperative events. These symptoms are temporary and usually respond very well to over-the-counter pain medications.
- Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed.

Over-the-Counter Medications for Discomfort

It is important for you to follow the instructions on how to take these medications.

Eating and Drinking

- Do not eat or drink anything hot until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored with the final filling material by your dentist.

Temporary Restoration (Filling)

- Root canal treatment is only one step in returning your tooth to full function.
- A temporary filling is placed immediately after the root canal to prevent infection of the tooth and keep it sealed until your general dentist fills the tooth with a permanent restoration. It is not unusual for a thin upper layer of temporary filling material to wear-off between appointments. However, if you think the entire filling has come out or if your bite feels uneven, contact the office.
- The permanent restoration should be done within 2 weeks of completion of the root canal treatment. This is done with your general dentist. For molar and premolar teeth, a crown restoration (if not already present) is extremely important in ensuring long-term success. This crown is done in addition to the prior permanent restoration.

Contact your dentist as soon as possible to arrange these appointments.

Post Operative Instructions: Root Canal Treatment



Clarence Street
DENTAL Group

Long-term Expectations

- The tooth that has had endodontic treatment followed by a proper restoration can last as long as your other natural teeth.
- Your dentist or endodontist may periodically x-ray the tooth to ensure that healing has occurred.
- Although longevity and comfort are the expectation, occasionally this may not be the outcome. Teeth, like other parts of the body do not always respond to treatment as expected and can have issues.
- Prolonged discomfort, infection, fracture, or an "unnatural" feeling can arise, even years after successful treatment.
- Less than 10% of cases of initial root canal treatments result in extraction or re-treatment of the tooth.
- Please contact the office if this tooth becomes symptomatic again in the future.

Long-Term Maintenance

After the tooth has been restored, you need only practice good oral hygiene, including brushing, flossing, regular checkups and cleanings.

For APPOINTMENTS, FINANCIAL, INSURANCE, or TREATMENT QUESTIONS- please contact the dental office directly.

Contact Dr. Margel, the root canal specialist (Endodontist) immediately if you develop any of the following:

- Enlarging swelling when viewed externally extending below the jaw-line (for a lower tooth) or into the mid-cheek (for an upper tooth)
- Severe pain that lasts more than a few days
- An allergic reaction to medication, including rash, hives or itching

For any other questions or concerns, you can reach Dr. Margel on his cell at 647-525-7460. You can also call the office at 519-756-8080 or for any emergency after hours, text our hotline at 226-286-8819.