

# HERMITAGE

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## DENTAL GROUP

### POST OP INSTRUCTIONS AFTER ROOT CANAL THERAPY

**Pre and postoperative instruction measures are very important, as the complete operative process is dependent on these measures. Following basic rules can make your life easy and in the same way not following them can make it difficult depending on the measures take.**

**The following instructions are worth following:**

- As anesthetic has been used, parts of your mouth may remain numb for a few hours. Avoid chewing or eating on the side that has been worked upon. Do not consume hot beverages until the numbness has worn off.
- In some cases an internal bruise or hematoma can be caused from injections, this can cause pain upon opening, facial swelling, and bruising of the face. All of these symptoms will resolve with time, but please contact our office so we can answer any questions.
- As a part of normal course, you would experience some discomfort for several days after a root canal. In order to manage control over discomfort, take the pain medication as prescribed by the dentist. If antibiotics are prescribed, continue to take them as directed, even if all signs and symptoms of infection are gone. As a precautionary measure taking ibuprofen before the numbness wears off can greatly reduce post-operative pain.
- Avoid eating hard or sticky food that puts pressure on the gums of the affected area, and try to chew on the other side of your mouth. The last step in a root canal is the placement of a crown or permanent filling in the tooth. The crown placed will protect the tooth from breaking in the future.
- If you have signs of swelling or increasing pain, or if you have any further discomfort or concerns, do let your dentist know.
- Try and avoid smoking for first 24 hours and minimize the number of cigarettes you consume during the healing process as smoking delays the healing. Consuming alcoholic beverages as well should be stopped as long as you can stop for better and fast recovery.
- Make sure you avoid crunchy or hard foods which could cause the tooth without a crown to fracture.
- Avoid using objects to remove debris within the tooth.
- Frequent rinsing with warm salt water for the next two days will help in relieving pain and will be good for oral hygiene.
- Keep your facial movements to bare minimum during the first day and refrain from opening your mouth wider.
- Normal oral hygiene program of brushing and flossing shall be continued as usual.
- Remember even though you feel comfortable; do not forget that follow-up treatment is as necessary as the primary one.
- We expect your recovery period to be painless to the most possible extent. However, if any concern does arise regarding your treatment or medication being taken, feel free to contact our office.