



## Post Op Instructions Following Root Canal / Retreatment Therapy

Upon completion of root canal / retreatment therapy, a temporary restoration is placed in the tooth to prevent possible recontamination of the root canal by saliva and bacteria. **You must return to your regular dentist for the permanent restoration in approximately 3-4 weeks.** A crown is usually recommended. The purpose of the crown is to prevent fracture long term. **If you already have a crown and a retreatment was performed, you still need to return to your dentist to discuss permanent restoration options.** If you do not receive a phone from your dentist in the next few days, please call your dentist to make an appointment for the permanent restoration.

1. **Food** – While you are anaesthetized (frozen) please avoid eating or drinking anything hot as you may not feel the heat and you may burn yourself. Please avoid chewing on the tooth (teeth) that has been treated, to decrease the risk of fracture until you have seen your regular dentist for the permanent restoration.
2. **Discomfort**- It is normal to experience discomfort for **1-2 weeks post treatment**, especially when chewing. It is not uncommon for the tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy.
3. **Medication**- To control discomfort, take pain medication as recommended by your Endodontist. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

If you were not prescribed a pain medication but are experiencing pain after your appointment, we recommend taking over the counter analgesics (as long as you have no allergies to these medications). **We recommend 600-800mg Ibuprofen every 6-8 hours. Alternatively, you may use Acetaminophen every 6-8 hours if you have an allergy to Ibuprofen.** Should you experience discomfort that cannot be controlled with analgesics or should swelling develop, please call our office.

4. **Brushing and Flossing**- Brush and floss normally, unless otherwise instructed.

If you have any other questions or concerns, please contact our office.

Sincerely

Hepworth & Damas