



CLARKSON VILLAGE

D E N T A L C L I N I C

Phone: 905-855-2622 Fax: 905-855-9668 Email: info@clarksondentist.com
1098 Clarkson Road North, Mississauga ON, L5J 2V9

Postoperative instructions for a root canal

- 1) **Local Anesthetic** – We used a local anesthetic to thoroughly numb the area being treated. This numbness, tingling, or heaviness in your lips, teeth, and tongue may last for several hours. (1 to 6 hours) after the procedure. You should be careful to not bite your lip, tongue, or cheek.
- 2) **Pain** – You have been given a local anesthetic that may last up to 12 hours. It is important to begin pain medication as soon as possible and to take them with food unless told otherwise. **Do not wait for the local anesthetic to wear off before taking pain medication. (Motrin/Advil) taken 3 times a day will help with most post-surgical pain. IF Ibuprofen upsets your stomach then taking Tylenol can help too.** For the first few days after you root canal therapy, you may experience some discomfort and sensitivity. This is normal. This is why we recommend the Ibuprofen whether you think you need it or not.
- 3) **Oral Sedation** – If oral sedation was used, a responsible adult will be required to escort you home. You must rest at the house for the next 12 to 18 hours (no driving, operating machinery, making financial decisions, going to the mall, etc.)
- 4) **Antibiotics** - You may or may not be prescribed antibiotics. If you are prescribed antibiotics take them until all the pills are finished, even if you feel better. If you are on birth control pills, the antibiotics may render your birth control pill ineffective. It is highly advised to use other means of birth control when taking antibiotics.
- 5) **Swelling** – Swelling is rare, but it is a complication of root canal therapy. **Swelling is a sign of infection; therefore, you must notify us right away so that we can place you on some antibiotics.** You can reduce swelling by applying an ice bag or cold, moist cloth for 15 minutes on then 15 minutes off for the first few hours. After 2 days, use a warm washcloth or heating pad to reduce swelling. Use the warm wash cloth or moist heating pad for 15 minutes on and 15 minutes off for several hours. Swelling usually starts to go down 48 hours after the antibiotics are in your system.
- 6) **Temporary filling** – A temporary filling or crown was placed to protect your tooth between appointments. It is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, or if the temporary crown comes off, call us so that it can be replaced. If you notice that you are biting down on the temporary filling or temporary crown before you touch your other teeth, please call us so that we can adjust it. **DO NOT EAT STICKY FOODS OR CHEW GUM ON YOUR TEMPORARY FILLING AS THIS WILL PULL THE TEMPORARY FILLING OFF YOUR TOOTH**
- 7) **DO NOT CHEW ON THE TOOTH FOR AT LEAST TWO WEEKS.** Treat this tooth as you would a twisted ankle, **STAY OFF OF IT.**



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- 8) **Proper dental care is essential to the success of the root canal therapy.** It is the responsibility of the patient to maintain proper home dental care through brushing and flossing. Also, regular dental examinations are a must to monitor the health of the supporting tissues.
- 9) If you have any other questions or concerns, a spike in temperature, prolonged pain and discomfort that does not resolve itself, swelling then please call that office right away.