

Dr. Maksim Serebro

Elmira Endodontics
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POST TREATMENT CARE Root Canal Therapy

Root canal therapy has been completed on your tooth. As the anesthetic used to numb your mouth wears off, you may feel some tenderness in the area for a few days as everything heals. Some soreness/tenderness is normal. These temporary symptoms usually respond well to over-the-counter medications.

It's important to take special care of the affected tooth for a few weeks or until your tooth is fully restored by your dentist. You should not chew, drink hot or cold liquids, or smoke for the first hour. You may begin eating soft foods, chew on the opposite side of your mouth, and avoid the treated tooth for a couple of days. Avoid sticky, hard, and crunchy foods to prevent the restoration from cracking or coming off. You can brush as usual but make sure to be gentle around the treated area. Additionally, smoking can interfere with the healing process and should be avoided. If you were given any prescriptions, please have them filled promptly and take as directed.

*** A **TEMPORARY** filling has been placed in the crown of the tooth. It is of utmost importance that you return to your general dentist promptly for the **permanent** restoration. Delays in continued care can adversely affect the prognosis of treatment.***

PAIN MANAGEMENT:

Unless you have allergies or a medical condition that prevents you from taking pain relievers, you can take Ibuprofen (Advil) and Acetaminophen (Tylenol). We recommend taking 500mg of Acetaminophen **TOGETHER WITH** 400mg of Ibuprofen every 4 hours for 2-3 days. You can start as soon as treatment is completed. Ice packs can be used to minimize pain and swelling anytime within the first 24 hours for 10-minute intervals. (10 minutes on, then 10 minutes off.)

Please give our office a call if you experience:

- Severe pain or pressure lasting more than a few days
- Visible swelling inside or outside your mouth
- An allergic reaction to medication (rash, hives or itching)
- The temporary filling comes out (losing a thin layer is normal)
- Symptoms you experienced prior to treatment return

1 YEAR FOLLOW UP: You should return to our office for a checkup in one year. There is no charge for that appointment. Please mark your calendar and give our office a call at that time.