



# Robert Biskup Dentiste West Island

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## INSTRUCTIONS FOR PATIENTS FOLLOWING ROOT CANAL TREATMENT

*Endodontic procedures are treatments that involve the pulp or root of the tooth, such as root canal therapy or endodontic surgery. These procedures can help save your natural tooth and prevent further infection or damage. However, they may also cause some discomfort or swelling in the treated area, so it is important to follow some guidelines for post-treatment care.*

- \* REDUCE CHEWING or BITING on the treated tooth until you have had it restored by your dentist. A crown may be recommended to protect the root canal treated tooth to prevent possible fracture.
- \* BRUSH AND FLOSS your teeth as you normally would unless instructed by the dentist otherwise.
- \* YOU MAY EXPERIENCE SOME DISCOMFORT on the tooth that has been treated. This may last anywhere between 7 to 10 days. You can take over-the-counter pain medications such as ibuprofen or acetaminophen as directed to help the healing process. If medications are prescribed, please take them as directed.
- \* THE GUMS AROUND THE TOOTH MAY BE IRRITATED following the endodontic treatment. Rinsing your mouth with warm salt water (1/2 tsp, to a cup of water) will speed up the healing process. This should be repeated every three to four hours until the area is comfortable.
- \* IF YOU HAVE HAD ENDODONTIC SURGERY, you may also need to follow some additional instructions:
  - KEEP THE GAUZE placed over the surgical site in place, and replace it as needed for bleeding control.
  - Start taking fluids and take the prescribed pain medications as directed. If liquids are well tolerated, you can advance your diet to soft, cool to room temperature foods.
  - AVOID CHEWING foods until after tongue sensation has returned.
  - Apply ice packs to the outside of your face over the surgical site for 20 minutes on and 20 minutes off for the first 24 hours. This will help reduce swelling and bruising.
  - AVOID SMOKING, ALCOHOL, and strenuous exercise for at least 48 hours after surgery.

*It is normal to have some minor bleeding, swelling, or bruising after endodontic procedures. However, if you have any concerns about significant bleeding, infection, fever, severe pain, or problems from the prescribed medications, please contact our West Island dental clinic immediately (514) 697-0444*