



Post Root Canal Treatment Care

It is normal to feel some tenderness in the area for up to two weeks after your root canal treatment. You may also feel some tenderness in your jaw when keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications.

If your tooth was not in pain prior to beginning treatment (likely because the tooth had chronic infection), your tooth may be quite sore for a few days after the appointment. This will be alleviated with time; it may take as much as a week or more.

Should you have pain that you cannot tolerate, abnormal swelling, fever, or significant pain, please call us immediately on 0118 9665656.

We will suggest medication or other steps to make you more comfortable. Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed.

Which painkillers should I take?

Over the counter analgesics such as, Paracetamol or Ibuprofen or a combination of the two is recommended. Please take pain relievers before the anesthetic wears off and continue taking for two or three days as directed. Following this recommendation may substantially decrease your after treatment discomfort. We recommend taking an anti-inflammatory such as Ibuprofen. Take 400mg over the counter ibuprofen four times per day for two to four days, preferably after meals. If discomfort is still present 500mg of paracetamol can be added three times a day.

Do I need antibiotics?

In most cases, antibiotics are not required after endodontic therapy. You will be given a prescription for antibiotics if we feel it will be necessary.

Guidelines for Post-Treatment Care

- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored by your dentist.
- Be sure to brush and floss your teeth as you normally would.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in between appointments

Taking Care of Your Tooth

Root canal treatment is only one step in returning your tooth to full function. Root canal treatment has a success rate of up to 90%. A proper final restoration of the tooth such as a crown is extremely important in ensuring



long-term success. Contact your dentist as soon as possible to arrange your next appointment. If your tooth is being treated in more than one visit by an endodontist, do not return to your dentist for the final restoration until the root canal treatment is completed.

What the Future Holds

The tooth that has had appropriate endodontic treatment followed by a proper restoration can last as long as your other natural teeth. After the tooth has been restored, you need only to practice good oral hygiene, including brushing, flossing, regular checkups and cleanings.

Your dentist or endodontist may periodically x-ray the tooth to ensure that healing has occurred. Occasionally, a tooth that has undergone endodontic treatment does not heal or pain continues. At times, the tooth may become painful or diseased months or even years after successful treatment. Often when this occurs, repeating the endodontic procedure can save the tooth.