

Post-Treatment Instructions:

- Do not chew or suck on a numb cheek, tongue or lip – injury and/or infection may result.
- Do not eat while still numb. Drink liquids with caution and avoid hot liquids to prevent burns.
- Typically the freezing may last for several hours. Length of time varies with individuals.
- Transient jaw joint discomfort may occur when the mouth has been kept open. If discomfort has occurred reduce jaw activities such as heavy chewing, excess talking, gum chewing, etc.
- Most discomfort will occur in the first 24 to 48 hours as the body heals following treatment. It is recommended that an anti-inflammatory such as Ibuprofen (Advil, Motrin) be taken as needed for the first 2 days. If you are unable to take Ibuprofen, Tylenol Extra-strength may be substituted as a suitable pain-killer. Call our office with any concerns.
- Take all medications exactly as prescribed even if pain or swelling has subsided.
- Attend all post-operative follow-up appointments as recommended.

Root-canal Treatment

- If you have had root-canal treatment it is normal that the tooth may experience slight to moderate discomfort for a few days following treatment. The tooth may not feel perfectly normal with some chewing sensitivity for several weeks. If pain or swelling occurs we may prescribe medications. Call our office with any concerns.
- Some root canals take several appointments to complete. If a temporary restoration is used between appointments, it's 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 a temporary crown comes off, call us so that it can be replaced. Avoid sticky foods which can dislodge the temporary and try to chew on the opposite side of your mouth if possible.
- Crowns are usually recommended following root canal as a final restoration to prevent tooth fracture and premature tooth loss.

- The gums may be sore following your appointment for several days. Rinse 3X per day with warm salt water to reduce discomfort and swelling if necessary.
- Brush the area gently but do not floss around the temporary filling (if present) as this may dislodge it.
- Most restorations will fail if not maintained properly. Regular brushing, flossing and check-ups are essential to maintain your restorations.

- Call our office at 403-234-7400 if you have any concerns