

# Dr. Dustin Wurm D.M.D.

## ROOT CANAL TREATMENT POST OPERATIVE INSTRUCTIONS

1. It is not uncommon for a tooth to be uncomfortable or even to experience pain immediately after receiving root canal treatment. This should subside within a couple days to a couple weeks. As long as it keeps improving that's what matters.
2. Your tooth will be sensitive to biting pressure and may even appear to feel loose. This feeling is a result of the sensitivity of nerve endings, and bruised ligaments in the tissue just outside the end of the root. This should subside within 7-10 days.
3. If the tooth was infected prior to root canal therapy, occasionally the treated area may become swollen after procedure was completed. If this is the case, please call for potential antibiotic/anti-inflammatory prescription to help with the healing process.
4. In order for the best possible results to be achieved, we ask that you follow these instructions:
  - a. Take something for pain relief within one hour of leaving the office; this should be done before the anesthesia begins to wear off. A combination of Acetaminophen (Tylenol) and Ibuprofen (Advil) works well if you are able to take both. 1000mg of Acetaminophen and 600mg Ibuprofen and every 6 hours or as needed to help reduce discomfort.  
If you cannot take Ibuprofen because of a medical condition or a Stomach disorder, acetaminophen can be taken instead, although it does not contain anti-inflammatory properties.
  - b. Sometimes antibiotics and painkillers are prescribed to help control infection, and pain. Please take all medication as directed.
  - c. Whenever possible, try to chew on the opposite side from the tooth that was treated until it is comfortable. Your tooth is in a weakened state and could fracture if a permanent restoration is not placed as soon as the tooth settles down.
  - d. Once tooth has fully recovered a crown has been recommended to be placed over root canaled tooth to prevent it from breaking. Delay in reconstruction of the tooth can result in contamination of the root canal filling or outright fracture and loss of the tooth. The doctor cannot be responsible if tooth breaks or has decay on it after tooth has settled in. Please call our office at (250)374-9855 if you are experiencing symptoms more intense or of longer duration than those described above, if you encounter significant post operative swelling, numbness, tooth is feeling "high" when biting, if your tooth fractures, if you have any questions, or concerns not addressed in this letter.

