



## **Post Operative Instructions for Endodontics**

1. Although the nerve has been removed, the tooth may continue to be sore to pressure for up to 10 days. The tooth nerve has been “pinched” off of the main nerve, and it takes time for this area to heal.
2. The root canal procedure puts pressure on the periodontal ligaments that attach the root of the tooth to the bone. The patient may experience a “bruised” feeling in the area for up to 10 days.
3. Rarely, external bruising can be seen.
4. Extreme hot and cold sensitivity should be gone almost immediately.
5. If you were suffering from a toothache, you should feel better with in the first 24 hours after the procedure.
6. Once a root canal is started, the tooth is in a weakened state. To avoid a fracture, keep hard foods away from the area until the final restoration is place.
7. If the Doctor decides to complete the root canal in two visits, a medicated filling will be placed in the canal. This may taste like “clove” to the patient.
8. Over time, the medicated filling tends to wash out creating a small opening on the top of the tooth. Rarely does the material come out completely: however, if you are concerned, please call our office at 804-270-3080.
9. If the Doctor decides to complete the root canal in two visits, it is common to bring the patient back within three weeks. If the patient does not return, the nerve will grow back into the dry chamber. This is painful and greatly decreases the success rate of the root canal.
10. Depending on the case, the Doctor may prescribe an antibiotic. Use as directed.
11. If you were suffering from an abscess or swelling, it will take a minimum of one day for the antibiotic to catch up with the infection. During this time, you may experience increased swelling.
12. Depending on the case, the Doctor may prescribe pain medication or recommend over-the-counter Ibuprofen. Use as directed.
13. A tooth which has had a root canal will eventually need a Crown. Without internal nerve or blood supply, the tooth begins to dry from the inside out, becoming vulnerable to cracks and breaks. A Crown will protect the remaining tooth structure.

**Please call our office at (804) 270-3080 with any concerns.**