

Post-op Instructions Form

First of all, congratulations, you made it through the root canal! Hopefully you had a pleasant experience, considering the circumstances. That truly is our goal. This sheet will go over some information about what to expect for the next few weeks now that the root canal is completed. Please follow the instructions outlined below, and contact us should any questions or problems arise.

1. DO NOT eat or drink anything for the next half hour. DO NOT try to feel around your tooth with your tongue. You have a temporary filling in the tooth and it takes about half an hour to harden.
2. **You need to have a permanent filling or a crown placed on your tooth within 1 MONTH of the root canal being completed.** It is essential for you to follow up with your general dentist within the next week or two to ensure you have enough time to get the permanent crown completed in time. If this is not done, the tooth is very likely to fracture or to develop decay underneath the temporary filling which may cause your root canal to fail. You will be responsible for all costs incurred if you fail to follow this instruction.
3. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling/crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth.
4. It is normal for the temporary filling to “divot” in with use. It is very rare for it to fall out entirely. If the temporary filling falls out you should contact us.
5. Discomfort in the area is normal following root canal therapy. **It is normal for the tooth to be uncomfortable for 3-4 days after today’s treatment.** Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore **for a few weeks** post treatment. The three most common reasons for pain are:
 - o Sore jaw joint from having your mouth open for a prolonged time.
 - o Sore muscle from the injection site.
 - o Sore gum from the rubber dam placement.
6. WHAT DO I DO ABOUT THE PAIN??? All of the above scenarios should be handled with over the counter medication, primarily. We recommend you take:
800 mg Ibuprofen (4 over the counter pills of Advil or Motrin or generic equivalent) every 6 hours for the next 2 days.
OR (if unable to take ibuprofen) **1000mg Acetaminophen** (2 extra strength Tylenol or generic equivalent) every 6-8 hours for the next 2 days.
90% of the time this is enough to handle the discomfort. If it is not, please contact our office and we will ensure you are comfortable.
7. If you are given any prescription medications related to this treatment please take them as instructed by your doctor.
8. You may floss and brush your tooth as normal, unless told otherwise by the doctor.

PLEASE READ THIS LAST SECTION, IT IS VERY IMPORTANT!!!!

FLARE-UPS

Although about 95% of root canals cause very little to no discomfort after the treatment is completed, there are about 5% of cases which can cause significant pain. These are commonly referred to as “flare-ups.” They mostly occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history of prior treatment. Sometimes, however, they occur randomly, even on patients that have had several root canals done previously without any problems.

If you have a flare-up you may experience moderate to severe pain, swelling (can get as large as a golf ball), bruising, throbbing, and general discomfort, which usually begins a few hours after treatment and may last 2 to 3 days.

Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, a steroid, and/or you may be asked to come to the office to receive further therapy.

Should you experience any of these symptoms after hours you may call the doctor on call at (818) 344-3559.

Surgical Post Operative Care

This procedure will be performed using local anesthesia. There are usually no restrictions after the procedure concerning driving or returning to work. Dr. Kurosh is available for consultation at all times should a problem arise after your treatment.

Continue all medications for blood pressure, diabetes, thyroid problems and any other conditions as recommended by your physician. If there is a question, please call our office prior to your appointment.

Please eat a full breakfast or lunch as applicable.

If you have been advised by your physician or dentist to use antibiotic premedication because of mitral valve prolapse (MVP), heart murmur, hip, knee, cardiac or other prosthesis, or if you have rheumatic heart disease, please make sure you are on the appropriate antibiotic on the day of your appointment. If there is a question, please call our office prior to your appointment. If you can take ibuprofen (Advil) or naproxen sodium (Aleve), it does help reduce inflammation when taken pre-operatively. We recommend 2 tablets of either medication 2-4 hours before endodontic therapy.