

## Merrimack Smiles

### INSTRUCTIONS FOLLOWING ENDODONTIC (ROOT CANAL) THERAPY

Endodontic therapy has either been started or completed on your tooth. The following will give you some information as to what to expect following this treatment. The most important this to remember is, if you have ANY questions or concerns, DO NOT HESITATE to call the office.

#### **Pain**

Some discomfort following root canal therapy is expected for the first few days, take 400-600 mg Ibuprofen (Advil) or 500 mg Acetaminophen (Tylenol) tablets with milk or water **every 4-6 hours consistently for the first 3 days following surgery** and as needed for dental pain after the fourth day. If a prescription was given, use as directed and in the event you are prescribed Vicodin or Percocet do not take any Acetaminophen (Tylenol). It is not uncommon to experience difficulty opening your mouth which occurs due to muscle spasms from prolonged opening of your mouth.

#### **Swelling**

Mild swelling is a normal consequence after root canal therapy. Swelling can be minimized by the **immediate use** of ice or cold packs placed over the area(s) of the surgery in 15 minute intervals for at least 3 hours on the day of the surgery. The swelling should be the greatest the second or third day after surgery, after the third day the swelling should begin to slowly recede. Swelling and post-operative sensitivity are reduced if you use the ice packs and pain relievers as recommended.

#### **Discoloration**

You may develop black and blue areas in the tissue, these are bruises. Bruises are the result of bleeding into the tissue and can be a common consequence of the tooth removal and/or any additional surgery. If you experience severe swelling associated with a redness of the skin and a fever, contact the office as this may be associated with a serious infection.

#### **Numbness**

You will experience numbness of the surgical area following your appointment, be careful not to injure this area until the anesthesia wears off. If the numbness persists for more than 12 hours following your surgery contact the office.

The opening that is made in your tooth may be sealed with a temporary filling material. This material may "wash out" slightly over the next few days. To your tongue it will feel like the temporary came out because it feels like there is a big "hole" in your tooth. It is very rare for the filling to come completely out, but as always, if there are any questions, do not hesitate to call the office immediately. When your root canal therapy is completed, you will likely need to come back for a permanent restoration, which is often a crown.

**If you experience difficulty breathing or swallowing or prolonged, excessive bleeding go directly to the emergency room. For other difficulties please call our office at (603) 424-7676 during normal business hours, and (603) 494-2128 during evenings and weekends.**