

## Post-op Instructions for Root Canals

Your recent root canal procedure removed the infection/nerve from inside the tooth. Remaining bacterial traces in the surrounding bone and gum tissue may cause biting sensitivity for 48-72 hours post-op. Your immune system will slowly heal these areas naturally, without the need for antibiotics. However, if you were prescribed antibiotics before your root canal, please take this prescription until it is gone to help further eliminate any swelling. Following these instructions can help to reduce the chance of post-operative problems and complications:

1. Post-operative discomfort can last from a few hours to several days. I recommend taking 3-4 tablets of 200mg Advil/Motrin before your anesthetic wears off and then every 6 hours as needed for tenderness.
2. Avoid chewing on that side for 24 to 48 hours after treatment (generally soft foods).
3. The gums around the tooth may be tender due to the use of the rubber dam and ring. A warm salt water rinse (1/2 tsp. salt in 8 oz water) 3-4 times per day will help discomfort.
4. Any start/increase in swelling or increased pain 2 days following your root canal should be brought to the doctor's attention.
5. Existing dental conditions (i.e. periodontal disease/lack of tooth structure) can compromise root canals effectiveness. It is very important for you to maintain hygiene procedures and oral health to ensure long term success.

Following treatment, the tooth will be brittle and subject to fracture. A restoration (filling, crown and/or post and core) will be necessary to restore the tooth to function. The fee for this procedure is an additional cost. Failure to follow through with the restoration may result in fracture, infection, and/or possible loss of the tooth.

If any unusual pain, swelling or discomfort occurs please feel free to call Dr. Beck at #(949) 396-3803.

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