

# POST-TREATMENT INSTRUCTIONS

- The treatment on your tooth is **not** complete. It is essential for you to return to our office for further treatment. Do not eat anything for the first hour following the procedure and then eat soft foods only for the rest of the day. It is advisable to chew on the opposite side until treatment is completed and you return to your dentist for a permanent restoration. Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days. This tenderness is normal and is no cause for alarm.
- Discomfort may be alleviated by taking Aleve, ibuprofen (Advil), aspirin, or acetaminophen (Tylenol) as directed. Warm salt water rinses (1/2 teaspoon of salt in 8 ounces of water) may also help. Should you experience discomfort that cannot be controlled with the above medications or should swelling develop, please contact our office immediately.
- Your root canal is now completed. The canal or canals have been sealed and nature must now have time to repair the damage that the original irritant produced. Do not chew on the tooth until all the tenderness is gone and you have restored your tooth with a permanent crown. Please call your dentist to set up an appointment for your crown. Your dentist may place a post and core before fabricating your crown.
- Although the roots are permanently sealed, the outer surface is filled with a *temporary* cement, which is hard and may last for no more than 3-4 weeks. It is advisable to **see your regular dentist within a month** to restore the tooth permanently. Current research has shown that even newly sealed root canals will be totally contaminated with bacteria if the temporary filling is missing for over three weeks. A final restoration (crown, onlay, filling) will give the tooth its necessary protection. A letter and copy of your final x-ray will be sent to your general dentist. Please contact your general dentist to schedule your permanent restoration.
- We have placed a permanent filling in your tooth. You do not need to see your dentist for a new restoration, but you should return for regular checkups. A letter and copy of your final x-ray will be sent to your general dentist.

Please call our office if you have any questions before your recall date.