

Post Operative Sheet for Endodontic Treatment

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

You need to have a permanent filling or a crown placed on your tooth within 1 -6 MONTHS of the root canal being completed.

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.

Some minor discomfort in the area is normal following the root canal. **It is normal for the tooth to be uncomfortable for 2-3 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:

- Sore jaw joint from having your mouth open for a prolonged time.
- Sore muscle from the injection site.
- Sore gum from the rubber dam placement.

WHAT DO I DO ABOUT THE PAIN??? All of the above scenarios should be handled with over the counter medication, primarily. If you have questions call our office.

Post Operative Sheet for Crown and Bridge Work

Your temporary crown has been cemented with a special temporary cement which allows the dentist to easily remove it when cementing the permanent crown.

- Certain foods will stick to the temporary crown. Please refrain from chewing gum and other sticky candies and food that may cause the crown to come loose.
- Temporary crowns are not strong. Please avoid eating hard, crunchy foods which may cause it to break or bend.
- If your temporary crown comes off or breaks, please call our office to schedule an appointment to have it recemented or remade. Save the crown and bring it with to the office to have it recemented.

Should the crown come off after hours, it is not an "emergency".

- Please do not leave the temporary crown off your tooth!! Unless your tooth has had root canal therapy, it will be very sensitive without the crown. Also, the tooth will shift causing the permanent crown to fit improperly.
- Your temporary crown will not fit your tooth quite as well as the permanent crown. It is normal if you experience slight sensitivity to hot, cold and sweets. **If you notice a bite irregularity or "high spot", please call the office to schedule a bite adjustment. The gum tissue can be sore from the treatment so a warm salt water rinse will help.** If you ignore high spots, the tooth will become very sore. If the tooth becomes extremely sensitive or you experience worsening symptoms, the tooth may need further treatment. Please call the office.
 - * There is approximately a 6% chance of the tooth further needing a root canal once it has been prepared for a crown of any sort. With preparing the tooth for a crown we are trying to reinforce the tooth and increase life expectancy.
- Brush carefully around the temporary crown. To floss, push the floss down to your gums and pull it straight out. Do not pull it back out the same way it went in, as this tends to lift the crown off.
- If you have any problems or questions, please call our office.

Post Operative info for Fillings

- No two cavities are alike and therefore **no two fillings are alike**. Just because a filling you had placed in the past wasn't temporarily sensitive, doesn't mean something is wrong if a recently placed one is.
- If you notice any "**high spots**" or **bite irregularities**, please contact our office for a simple bite adjustment. It will not grind into place on its own and the tooth will become sore and sensitive. If symptoms persist or worsen, the tooth may need further treatment. Please contact our office.
- You may find **stray pieces of bond material** in your mouth afterward. Don't worry, the filling has NOT "fallen out". These are just pieces that likely got trapped under your tongue or between your gums and cheek during placement. They won't hurt you nor has the integrity of the filling been affected.
- * with placing a filling on any tooth there is always a possibility of the tooth needing further work such as a crown or a root canal.
- * fillings get placed due to decay and all the decay needs to be removed, the extent or depth of that decay cannot be completely determined until the filling procedure is complete.
- If you have any **problems call our office**.