

## POST OPERATIVE INSTRUCTIONS FOR ROOT CANAL TREATMENT

### **ACTIVITY:**

Since an anaesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. DO NOT have anything to drink or eat that is HOT until your anaesthetic has worn off. This may take up to a few hours.

### **PAIN MEDICATION:**

Take the prescribed medication as recommended. Avoid taking aspirin for one week after surgery because complications from bleeding may result and cause delay in healing. If a prescription hasn't been indicated for you, you may take over-the-counter Ibuprofen (if not allergic to it, or not taking Aspirin) available at any local pharmacy (Ex: Brufen). Each tablet is 200mg. You may take up to 800mg (4 tablets) every 8 hours based on your degree of pain. You may continue this for 2-5 days based on your pain. If necessary, you may also take 1 tablet of paracetamol (Crocin) 325mg in addition to the above every 4-6 hours. To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit.

### **TEMPORARY RESTORATION:**

Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, call the office so it can be replaced. To protect the tooth and help keep you're temporary in place:

- Avoid chewing sticky foods (especially gum).
- Avoid hard foods and hard substances, such as ice, fingernails and pencils.
- If possible, chew only on the opposite side of your mouth.

Please give us a call if you have any questions or send us an email at:

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