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## Post-Root Canal Treatment Instructions

**Pain:** some discomfort is normal after treatment and usually peaks in the first 24 hours. About 1-3% of patients, however, will have moderate to severe pain and/or swelling that can peak about 3 days after treatment. These flare-ups are a result of your immune system reacting to treatment and although uncomfortable, are a good sign that the area is healing.

**Pain management:** most discomfort can be managed with over-the-counter medications including ibuprofen (Motrin, Advil) and/or acetaminophen (Tylenol.) Dr. Schmoldt will provide you with an individualized pain medication regimen that may include antibiotics and/or prescription pain medications. Closely following the pain management regimen will help minimize pain and/or swelling.

**Oral hygiene:** Brush, rinse and floss all teeth normally.

**Eating:** do not eat until the numbness wears off to prevent trauma from biting your cheek and/or tongue. Do not chew on the treated tooth until it is restored by your dentist.

**Final Restoration:** root canal treatment is only one step in returning your tooth to full function. A proper final restoration of the tooth is extremely important in ensuring long-term success. Please see your general dentist as soon as possible, but at least within the next 3 to 4 weeks for the final restoration. There are several ways to restore your tooth and your general dentist will advise you on which is best for your unique case. Some root canal treatments require more than one visit. Do not return to your general dentist for the final restoration until the root canal treatment has been completed.

**Contact our office as soon as possible with any of the following:**

- Visible swelling inside or outside of your mouth.
- An allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction, but may require altering the medication regimen.)
- Uncontrolled pain.

**Final Report:** Upon completion of treatment, your dentist will be informed that treatment has been completed and a report with radiographs will be forwarded to your dentist's office.

**Contact us:** Please do not hesitate to call our office at any time with any questions or concerns. If you are unable to reach us at the office, Dr. Schmoldt may be reached after hours at (210) 865-7547.

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Diplomate, American Board of Endodontics