

Great Neck Endodontics

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We hope you had a positive and pain free experience with us. The most difficult question we are asked is, "What am I going to feel after the numbness wears off?" Root canal therapy disinfects the inside of the root of an infected tooth. Since everyone heals differently, it is hard to predict what your experience will be. **It is common to experience some mild soreness when biting on the tooth for a couple of days up to a week** following your visit. The following instructions are meant to guide you through the healing phase and make you feel as comfortable as possible.

1. Take **ONE** of the following as directed for the first few days, to reduce pain/discomfort.
 - 2-4 Tablets (200 mg) of ibuprofen (Advil, Motrin) every 6 hours for 2-3 days
 - 1-2 Tablets (1000 mg) of Extra Strength Tylenol every 6 hours for 2-3 days
 - 1-2 Tablets (220 mg) of Aleve every 12 hours for 2-3 days

Antibiotics may be prescribed for infection. All of this medication should be taken as directed unless an allergic reaction develops. If there are signs of an allergic reaction (i.e. difficulty breathing) go to the nearest Emergency Room. **NO ALCOHOLIC** beverages should be consumed while taking these medications.

2. Rinsing the inside of your mouth in the area of the treatment several times a day with **warm salt water** rinses can relieve mild irritation of the gum around the tooth.
3. **Try not to chew on the treated tooth** for the next few days in order to minimize irritation to the 'healing' tooth. If your bite feels high or you cannot close your mouth without pain, please let us know so that your bite can be adjusted.
4. To avoid fracture of the tooth, a crown should be placed as soon as possible. It's okay to wait 2-3 weeks to let the tenderness diminish before proceeding with the crown. Please **schedule the build-up (and/or crown)** within 2 to 4 weeks following root canal therapy completion. During root canal treatment, the nerve, blood supply, and decayed tooth structure are removed. This results in this tooth becoming more prone to fracture. Be gentle with the tooth while eating until the final restorations is placed. Stay away from foods that may break the temporary filling or the tooth (i.e. popcorn kernels, carrots, chips, all hard foods).
5. **If the tooth is very uncomfortable, or you notice swelling which is getting worse, please call us.**
EMERGENCY PHONE: Great Neck Endodontics Phone: (516)441-5060

Other post-treatment concerns are related to the type and severity of the infection in your tooth. Root canal therapy is very successful. However, the severity of the infection may require surgical treatment or retreatment in approximately 5% of cases.

X _____ Date: X _____