



columbus family dental care
David A. Dixon, DDS and Associates

INSTRUCTIONS TO FOLLOW AFTER ROOT CANAL THERAPY

The following information regarding your endodontic (root canal) treatment is important. Please read it carefully.

Do not eat anything until the local anesthetic has worn off and you are no longer “numb.” Your next few meals should be soft, especially if you have a temporary filling in your tooth. A temporary filling takes 2 hours to get to a chalk-like hardness. Avoid any crunchy foods like pretzels, ice or nuts for 2 to 3 days, and resume your normal home care routine 2 to 3 hours after you arrive home. If you have been given a prescription to relieve discomfort, take it as directed and **DO NOT** consume alcohol or drive while taking the medication. If an antibiotic has been prescribed, be sure to take it as directed until gone. If you have been given a sample of medicine, take it according to the label directions or as follows:

The post-operative response following a root canal can be very unpredictable. Sometimes there is no discomfort at all and other times there is a lot. There may also be some swelling or joint stiffness. If you have any trouble afterward, you can usually expect it to subside very quickly, sometimes overnight. Please be patient.

Additional visits to our office may be needed to properly finish the restoration of your tooth. A permanent filling or crown may be needed. As a rule, all back teeth should have a crown placed following root canal treatment. These teeth become brittle and easily break apart from chewing pressures, especially if they have large fillings.

Root canal treatment is about 95% successful, so there are occasional failures (i.e. ongoing pain or recurring infections). In order to have complete success it may be necessary for a specialist (endodontist) to either re-treat the tooth or perform an additional procedure. If you were to lose your tooth within 2 years due to failure of the root canal, we will credit what you have paid toward the cost of a replacement tooth; however, you must keep up with your regular cleaning and exam visits.

Our office sometimes makes follow-up calls the evening of or the morning after your visit. If any problems arise, or if you have any questions about your treatment, feel free to call our office.

Thank you,

Columbus Family Dental Care

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A General Dentistry Practice