

## Care of Mouth Following Root Canal Therapy

- ▶ It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately following treatment and for up to 3 days. It may actually be more sore on the second day. Tenderness to biting may persist for up to 2 weeks following treatment but will gradually get better over time. Avoid chewing gum, caramels or other sticky, soft candy which could dislodge the temporary material or even fracture your tooth. Also avoid chewing very hard, crunchy foods like nuts or ice.
- ▶ Your tooth will be sensitive to pressure and may even appear to feel loose. This feeling is a result of the sensitivity of nerve endings in the tissue just outside the end of the root, where we cleaned, irrigated and placed filler and sealer material. This feeling will be short-lived.
- ▶ You may feel a depression or rough area where our access hole was made. There is a soft, temporary material in that area which may wear away to some degree before your next visit. Avoid chewing on the treated tooth completely until the final restoration is placed. It is critical that you schedule a follow up appointment for placement of the definitive restoration as soon as possible: *your tooth only has a temporary filling at this time.*
- ▶ Occasionally, a small “bubble” or “pimple” will appear on the gum tissue within a few days after the completion of a root canal. This represents the release of pressure and bacteria which no longer can be sustained around the tooth. This should disappear within a few days.
- ▶ If an antibiotic is prescribed, follow the directions provided on the bottle/by Dr. Barker.
- ▶ We recommend you take something for pain-relief within one hour of leaving our office, to get the medication into your blood system before the anesthesia we administered begins to subside. We recommend Ibuprofen (Advil/Motrin) – 800mg (four tablets). If you have a medical condition or gastrointestinal disorder or allergy which precludes Ibuprofen, Acetaminophen (Tylenol) is a substitute, although it does not contain anti-inflammatory properties.
- ▶ If the Ibuprofen alone does not provide adequate pain relief, you may take up to 650mg of Acetaminophen (2 regular strength Tylenol tablets) every 6 hours in between your doses of Ibuprofen.

**Please call Dr. Barker directly if you have any concerns after office hours:  
443-343-2314 Leave name, phone number and a brief message**