

Gary S. Barker, DMD, FAGD

General, Reconstructive & Cosmetic Dentistry

**8131-J Ritchie Highway
Pasadena, Maryland 21122
(410)-647-6453**

POST ROOT CANAL THERAPY INSTRUCTIONS

What to expect:

1. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy.
2. 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.
3. You may feel a depression or rough area where our access was made. There is a soft, temporary material in that area which may wear away to some degree before your next visit.
4. 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.

What to do:

1. 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. Generally, only one dose is needed. We recommend Ibuprofen (Advil/Motrin) – 800mg (four tablets). If you have a medical condition or gastrointestinal disorder which precludes Ibuprofen, Acetaminophen (Tylenol) is a substitute, although it does not contain anti-inflammatory properties.
2. Whenever possible, try to chew on the opposite side from the tooth we have just treated, until the access area is permanently restored with a filling or crown. Until that time, your tooth is still weakened and could fracture.
3. 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.

Please call us if:

1. You are experiencing symptoms more intense or of longer duration than described above.
2. You encounter significant post-operating swelling.
3. The temporary material is dislodged, feels loose or feels “high” when biting.
4. Your tooth fractures

**PLEASE CALL DR. BARKER IF YOU HAVE ANY CONCERNS
443-914-2210 Leave name, phone number and a brief message**