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## AFTERCARE FOLLOWING ENDODONTIC (ROOT CANAL) THERAPY

### **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. This should subside within one week.
2. Your tooth will be sensitive to biting 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 (on the top of a back tooth or the back of a front tooth) 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 completion of a root canal. This represents the release of pressure and bacteria which can no longer 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. This will allow the medication to take effect prior to the anesthetic subsiding. We recommend 600 mg of Ibuprofen (Advil, Motrin) which has anti-inflammatory properties OR 1000 mg of Tylenol if you are unable to take Ibuprofen. Tylenol is not an anti-inflammatory.
2. Whenever possible, try to chew on the opposite side from the tooth we have treated. Avoid chewing gum, caramels or other sticky, soft candy, which could dislodge the temporary filling or fracture your tooth. Remember your tooth is still weakened and could fracture.
3. Please make an appointment immediately with your general dentist for a permanent restoration to be placed within 6 weeks. Failure to do so may cause treatment to fail. If root canal fails due to lack of permanent filling there will be a charge for retreatment.

### **Please Call Us If...**

1. You are experiencing symptoms more intense or of longer duration than those described above.
2. You encounter significant post-operative swelling.
3. The temporary material is dislodged, feels loose, or feels "high" when biting.
4. Your tooth fractures.
5. You have any questions at all.