

Root Canal Treatment
Post Treatment Care Instructions

It is normal for the tooth to be uncomfortable for 2-3 days after today's treatment. Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for a few weeks post treatment. The three most common reasons for pain are:

- Sore jaw joint from having your mouth opened for a prolonged time.
- Sore muscle from the injection site.
- Sore gum from the rubber dam placement.

Guidelines for Post-Treatment Care

- The anaesthesia will normally last for about 2 - 3 hours, numbness will be felt around the affected area. Soft diet is advisable and avoid hot food and drinks after the anaesthesia wears off. There are dangers of lips / tongue biting if you eat when you are still feeling numb. No smoking under any circumstances.
- Do not chew or bite on the treated tooth until you have had it restored by our dentist. Your tooth is very fragile and may crack if too much force is being exerted.
- Daily brushing and flossing are essential for healthy gums.
- You may have a temporary filling in your tooth. Permanent filling, or a crown is needed to be placed on your tooth within 1 month of the root canal treatment. If this is not done, the tooth is very likely to fracture or to develop new decay underneath the temporary filling which may cause your root canal to be re-infected.
- Please keep to your scheduled appointments. Prolonged treatment duration due to failed or missed appointments may result in complications of re-infection and tooth fracture.
- Contact us immediately if you develop any of the following(s):
 - If the temporary restoration dislodges.
 - A visible swelling inside or outside of your mouth.
 - An allergic reaction to medication, including rash, hives.
 - A return of original symptoms.
 - Your bite feels uneven.