

Paul W. Moyer, D.D.S., M.S., S.C.

Practice Limited to Endodontics

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**INSTRUCTIONS FOR HOME CARE AFTER COMPLETION
OF
ROOT CANAL TREATMENT**

You may eat or drink when desired, however, be careful to avoid biting your cheek or tongue while you are still numb. You may decrease the time you remain numb if you increase your blood flow. Any type of moderate physical activity will help (walking, sports, house work, etc.). You may brush and floss the tooth like normal. Due to inflammation in the bone and the ligament surrounding the tooth, it may be tender to touch for *several days up to a few weeks* before the tooth feels “normal” again. Individual healing time varies from patient to patient. We recommend not chewing on the tooth during this time. Your tooth needs to heal and chewing on the tooth will irritate the ligament even more. To decrease inflammation and keep your mouth comfortable, we recommend taking ibuprofen (Advil, Motrin) 2-4 pills (400-800mg) every six hours for 24-48hrs after treatment. Extra-strength Tylenol (500 mg, 1-2 capsules) may be taken in addition to the ibuprofen or instead of ibuprofen for patients who have medical reasons preventing ibuprofen use.

We often provide a dose of Ibuprofen & Tylenol as an in-office medication. If you receive these medications in our office you should not take any other pain medications for at least *six hours*. If soreness persists, an ice pack on the cheek adjacent to the treated tooth may be helpful.

If symptoms persist despite these measures, please call Dr. Moyer. If you have pain that Tylenol/ibuprofen does not take care of, please call Dr. Moyer. You may need an additional prescription-type medication.

When your endodontic treatment is completed, the root canal spaces are sealed and your tooth now requires a definitive restoration. **Please phone your dentist promptly for an appointment to place the crown or permanent filling in the biting surface of the tooth.** Again, we usually recommend not chewing on the tooth until the final filling, crown (or temporary crown) is placed in order to prevent tooth fracture. This is especially important with teeth that already have large cracks in them. **We also recommend you see your dentist within 2-3 weeks after completion of our treatment for the definitive restoration. Delay in obtaining the final restoration may result in re-infection, fracture, and possibly loss of the tooth.** We will send copies of your x-rays along with a treatment report to your dentist after completion of your root canal.

As part of our service, we recommend you return to our office in six months to evaluate your healing (x-rays are taken at no additional charge). A reminder sticker is provided for your calendar. Teeth treated with root canals can last a lifetime. As with any other tooth, proper care consisting of good oral hygiene, a sensible diet, and periodic dental checkups is required.

Thank you for the opportunity to be of service!!!