

Healing following surgery is usually fast and uncomplicated by following these directions

- 1.** Do not chew on the numb side of the mouth for the next 2-4 hours or until the numbness goes away, to prevent biting of the tongue, lip, or cheek.
- 2.** It is not uncommon for the tooth to be a little uncomfortable, have a dull ache, or have bite pressure sensitivity for the next 3 to 4 days following root canal treatment. To help with any discomfort take the medications that Dr. Rider has prescribed for you.
- 3.** Do not bite down on the tooth on anything hard or crunchy (peanuts, pretzels, ice, etc.) until the porcelain crown has been placed on the tooth. The tooth is prone to fracture and you may crack the tooth.
- 4.** If a temporary filling was placed in the tooth following treatment today and it falls out, call our office. If our office is closed, purchase some temporary filling material from any pharmacy and place a small amount in the tooth until you have an opportunity to see us at the office.
- 5.** Brush and floss your teeth as normal unless otherwise directed by Dr. Rider.
- 6.** It is very important to have a porcelain crown placed on your tooth ideally within 1 month of the root canal being completed. If not done, the tooth may fracture or develop decay under the temporary filling or core build up. This can cause the root canal to fail and/or the tooth may have to be extracted.

Flare-Ups

Although about 95% of root canals cause very little to no discomfort after the treatment is completed, there are about 5% of cases that can cause significant discomfort. These are commonly referred to as "flare-ups". They most often occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history or prior treatment. Sometimes, however they can occur randomly, even on patients that have had several root canals previously without problems.

If you have a flare-up, you may experience moderated to severe discomfort, swelling, bruising, throbbing, and generalized discomfort, which usually begins a few hours after treatment and may last 2-3 days.

If you have any further questions or concerns, contact our office between 8am to 5pm Monday to Thursday or Dr. Rider's cell phone (337) 552-8121 after normal office hours.