



## WHAT TO EXPECT FOLLOWING ROOT CANAL THERAPY

**Root canal therapy is a procedure that removes the nerves and blood supply to your affected tooth. Blood and nerve supply to your tooth is from within the tooth canals. This area is cleaned, sterilized, filled and sealed. This prevents bacteria from entering the canals.**

This sheet will go over some information about what to expect from the next few weeks now that the root canal is completed. Please follow these instructions and contact us with any questions.

1. **Do not eat for a minimum of one hour after procedure**, or until numbness thoroughly wears off.
2. **It is normal for the tooth to be tender or sore to chewing.** Expect this discomfort to subside within a few days. Sometimes, the tooth and surrounding tissue may remain sore for a few weeks after treatment. The three most common reasons for post-operative pain:
  - Sore jaw joint from having your mouth open for a prolonged time.
  - Sore muscle from the injection site.
  - Bruising in the bone of the affected area.
3. **We recommend that you take something for pain relief within one hour of leaving our office.** Medications such as Ibuprofen, Advil, or Aleve should take care of this discomfort. Tylenol is a substitute, although it does not contain anti-inflammatory properties.
4. **You can take up to 800mg every 4-6 hours for prescription strength relief.** It is strongly recommended that you take one dose within one hour of leaving our office. If antibiotics are prescribed, continue to take them as directed even if all symptoms and signs of infection are gone. If you are allergic to these medications, do not take them and notify Dr. Verbarg.
5. It is important to continue to **brush normally and floss carefully** after treatment.
6. **Usually, the last step after root canal therapy is the placement of a permanent filling or crown on the tooth.** A crown covers and protects the tooth from breaking. If your bite feels uneven in the future, or if you're having persistent pain or swelling, or you have any other questions or concerns, please call our office at 602-997-0334.