

What happens when I get home?

Most patients have little to no discomfort after their root canal procedure. There will be some tenderness in the gums around the tooth, stiff jaw muscles, and mild inflammation around the tooth. There may also be some restrictions regarding what and how to eat.

If your tooth hurt before you came in for treatment, it will take a while to heal and feel normal again.

What if I have discomfort?

- We recommend a combination of two (2) 200mg Ibuprofen and one (1) 500mg Tylenol taken together every six (6) hours as the most effective method to manage your discomfort. You will receive three (3) doses to take with you.
- If you are unable to take one of these medications, it is recommended that you take what you would for a normal headache.

Do not exceed 3200mg a day Ibuprofen.

Do not exceed 3000mg a day Tylenol.

Warm Saltwater Rinse:

Critical for: **LOWER TEETH**

- Use 3- 4 times a day for 2 or 3 days!
8 oz of WARM water, one (1) teaspoon of table salt. Swish like mouth wash.
DO NOT SWALLOW.

Stiff or Sore Jaws

You have been open for a long time. Some tenderness is expected. A cold or hot compress held 10 minutes on, 10 minutes off on each side is most effective.

Most Common Problem after your Root Canal

The tooth is uncomfortable ONLY when you put your teeth together or feels like it is “too high”: This will occur if the temporary filling material swells, or inflammation causes the tooth to rise from its socket. **It is important that you give us a call to adjust your bite.** Biting on a “high tooth” will bruise your tooth. This will delay healing, and adjusting your bite will help it feel better faster.

Do's and Don'ts:

- **DO:** continue to brush your teeth as normal, but do NOT scrub the seal if a temporary filling was placed as it is much softer.
- **DO NOT:** chew any food or drink anything hot for the next 2 to 4 hours (sometimes up to 6 hours) as you may be numb.
- **DO NOT:** bite or chew on the tooth until after the filling/crown appointment with your dentist. After the filling treat the tooth gently; give the area time to heal.
- **DO NOT:** have anything hard or crunchy like popcorn, nuts, or hard candies until your tooth has a crown to protect it.

Things to Remember:

- **Back teeth especially are in danger of fracture until the tooth has a crown.**
- **Return to your General Dentist for your permanent filling and/or crown within the next four (4) weeks.**
- **Base Seal:** A temporary filling material will be covering your tooth. If you have any large chunks or feel/see a hole in your tooth, please contact us to refill it.
- **Permanent Filling:** A permanent filling material will provide the foundation for your new crown, it is important to continue avoiding this tooth while eating. This material is not as strong as a new crown and is still susceptible to breaking or fracturing.
- **Crown Repair:** Your crown has been permanently repaired and can be used as normal once the tooth begins to feel normal. Your crown will need to be replaced once decay is found around the edges during your regular cleanings.

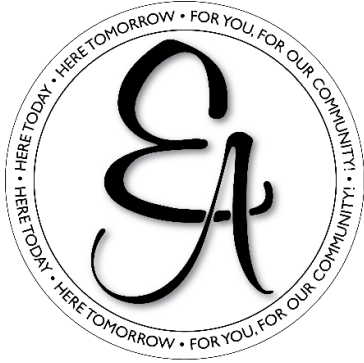
Please always feel free to let us know what we can do to improve our service for YOU.

Front Desk: RootCanalsRUs@gmail.com

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Thank you for visiting us today!
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If you have any other questions or concerns, please call our office.

Clinic Number: (254) 554 - 3636
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