

# POST APPOINTMENT INSTRUCTIONS

## AFTER ROOT CANAL, SOME INSTRUCTIONS

During your appointment the canals of your tooth were cleaned and either medicated or sealed. A second appointment at the Richmond Endodontic Centre is necessary if the canals were medicated. Typically the second appointment is within **one month**.

If the canals were sealed and the treatment completed, it is necessary to return to your dentist within **1 - 2 weeks**. There is a temporary filling in your tooth and your dentist will replace this with a permanent filling. If this new filling is not placed within 30 days the success of treatment could be jeopardised resulting in additional complications and fees. Please contact our office or your general dentist if you cannot have a permanent filling within 30 days of your root canal appointment.

A report is sent to your dentist on the day of the appointment; it summarises the treatment you received and our recommendations. Many of our referring offices will have access to the reports via a secured direct on-line service. This provides real-time access to information about your treatment at the Richmond Endodontic Centre.

Some bite sensitivity, throbbing or aching can occur after the 'freezing' (local anaesthetic) wears-off. Do not wait; follow the post-operative *pain medication instructions* and take the tablets 'by the clock'. Be proactive in mitigating the pain and speeding up your recovery.

Post-operative complications are possible but not likely. Contact our office if you experience any of the following:

- Pain that is not controlled with Ibuprofen (Advil) and Acetaminophen (Tylenol or Tylenol No. 3)
- Nausea or dizziness
- Enlarged swelling of the cheek, face, or neck
- Difficulty swallowing or breathing

Here are some guidelines for you to follow:

- Follow the recommended pain medication regimen
- Keep your head above your heart as much as possible (i.e. an extra pillow in bed)
- Expect some bite sensitivity for 2 - 3 days
- Eat a soft diet and maintain 3 square meals
- Do no pick or pull at the temporary restoration
- Ice packs can provide relief
  - For the next 48 hours:
- Limit your physical activity; avoid running, swimming, or other similar activities
- Drink plenty of liquids
- Avoid chewing/biting on the treated tooth
- Avoid alcohol or recreational drug use

**If any unusual symptoms develop please telephone Dr. Fransen at 778.899.3429**



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