



**FORDLAND CLINIC**  
A BURRELL HEALTH AFFILIATE

Location: 1059 Barton Drive ● Fordland, MO 65652 ● 417-767-2273 ● Fax 417-767-4054

Location: 11863 State Hwy 13 ● Kimberling City, MO 65686 ● 417-739-1995 ● Fax 417-739-1893

## INSTRUCTIONS FOLLOWING A ROOT CANAL:

- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact the Fordland Clinic immediately. Saliva may re-contaminate the root canal requiring further treatment.
- A proper final restoration of the tooth is extremely important in ensuring long-term success. We recommend the temporary filling should be replaced with a permanent restoration, often a metal or porcelain crown, within a few months of the root canal being completed.
- Do not chew or bite on the treated tooth until you have had it permanently restored and the dentist tells you that it is OK to do such. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc.) until the permanent filling/crown has been placed on the tooth. The tooth is prone to fracture and if you bite down on anything too hard or crunchy, you may crack the tooth. Chew foods on the opposite side of your mouth for the time being.
- The tooth and surrounding tissues may remain sore for a few weeks following treatment. Warm salt rinses may alleviate the discomfort. The three most common reasons for soreness are: A. Sore jaw joint from having your mouth open for a prolonged time. B. Sore muscle from the injection site. C. Sore gum from the rubber dam placement.
- A follow-up visit may be scheduled 3 to 12 months after your treatment to evaluate the progress of healing. This appointment will require only a few minutes and is included in the cost of your treatment. This visit is not always required. It is uncommon to experience complications after treatment; however, should swelling or severe discomfort occur, please contact our dental department as soon as possible. If severe pain or swelling, not controlled by medication, occurs after business hours, please contact the clinic and they will get in touch with the dentist. Please have your pharmacy information available so the dentist can make a prescription if necessary.

## PAIN CONTROL AFTER A ROOT CANAL:

- For the first few days after treatment, your tooth may feel sensitive, especially if there was pain or infection before the procedure. This discomfort can be relieved with over the counter or prescription medications such as ibuprofen (Advil or Motrin) or acetaminophen (Tylenol or generic equivalent).
- Immediately following treatment, we recommend taking over the counter pain reliever before the numbness is gone to help avoid discomfort. You may take 600-800 mg of ibuprofen (3-4 tablets of 200 mg tablets). If you cannot take ibuprofen due an allergy, stomach ulcer, or as per your physician's advice, you may take 1000 mg acetaminophen (two extra strength Tylenols).
- Pain control for the next 1-3 days. ***This should only be used for the first 1 or 3 days after procedure. If there is still pain after 3 days, please contact the office at the numbers above.*** Take Ibuprofen 600mg (3 tablets of 200 mg tablets) every 6 hours OR Tylenol 1000mg (two extra strength Tylenols) every 6 hours as needed for pain.
- For extra pain relief, if necessary, take Ibuprofen 400mg (2 tablets of 200mg) + Tylenol 650mg (2 regular strength 325mg tablets) together every 8 hours as needed.