

## Root Canals: During and After

### EVALUATION

Your first visit will consist of x-rays, evaluation, testing and diagnosis. The condition of the tooth will play a big part onto starting treatment at the first visit if you choose to. In some cases, a patient's complicated medical history or condition of the tooth may require you to reschedule your treatment.

### IMPORTANT INSTRUCTIONS TO FOLLOW PRIOR TO YOUR APPOINTMENT:

- Please DO NOT take any pain medication, this includes over the counter as well as prescription, prior to your evaluation. Taking these types of medications can delay diagnosis and will in most cases require you to reschedule your evaluation.
- Your insurance is a contract between you and the insurance company. As a courtesy, we will file your insurance for you. You will be expected to pay your estimated portion and deductible at the time of service. We welcome any questions that you may have prior to your appointment.
- Anyone under the age of 18 must be accompanied by a parent or legal guardian.
- Your medical history is very important when administering anesthesia and prescribing medications. Please bring a list of all your medications with the dosages. Please inform us of any type of complicated medical history. Please bring medical doctors phone numbers, as sometimes we may need to contact your medical doctor.
- Emergency appointments will be worked into the schedule and might have an extended wait time to be seen.
- Please bring any correspondence that your referring dentist has given you (referrals/x-rays).
- Women, if you are pregnant or think you might be pregnant please let us know. We will need to contact your OB/GYN in order to provide you with the proper and safe treatment for you and your baby.
- Root canal treatment varies depending on the condition of the tooth. In some case it may be required to schedule you for a second appointment.

### HEALING

Discomfort is sometime expected with any dental procedure. Your root canal treated tooth is going to be sore for a few days and sometime up to a few weeks, this is normal. If the pain increases or you have facial swelling please call our office.

Root canal teeth may always feel DIFFERENT than before the tooth was treated. It may be sensitive when you brush your teeth or possibly if you tap on the side of the tooth. After the bone and ligament heal, sometime there can be scar tissue that remains resulting in this being DIFFERENT. Please ask any questions that you may have regarding this.

## **MEDICATIONS**

Anti-inflammatories are very important in the healing of your root canal. We will prescribe you anti-inflammatories after your treatment (if you can take them). Depending on the condition of your tooth, it may be required for you to take Antibiotics. We will give you a prescription for antibiotics and let you know if you need to take them. Prescription pain medication will also be given to you; this is a narcotic, if you do not feel you need this prescription pain medication you do not have to take them. If you feel you need to take them please eat something since this type of pain medication can upset your stomach. Please do not drive while taking pain medication. If you have any type of reaction to any of the medications prescribed to you (diarrhea, vomiting, rash, hives, itching or difficulty breathing) please stop taking the medication and call our office. If you have a life threatening reaction please call 911. Please always read the inserts given to you by your pharmacy with each medication. If you have any questions regarding your prescriptions, please call your pharmacist or our office.

## **EATING**

After each root canal, the ligament that holds your tooth in the bone may be inflamed and sore. It is recommended to stay away from anything hard or crunchy for a few days to allow the tooth to heal. Hard & crunchy foods can cause the tooth to bruise and be sore for longer periods of time. After a period of two weeks you can slowly introduce some of these foods back into your diet, if soreness still occurs refrain for a few more days.

## **TOOTH: AFTER ROOT CANAL**

Each root canal treated tooth will have some type of filling (temporary or permanent) placed in the access of the tooth. The pulp has been removed and the fillers have been placed in the canals. Root canal treated teeth are slightly weaker than before the root canal. If you do not already have a crown, one may be required to prevent tooth fracture. Please call your general dentist to schedule an appointment for a crown. If you already have an existing crown please make sure that a permanent filling is placed in the access.

## **LETTER AND RECALL**

A letter along with a copy of the x-ray will be sent to your general dentist. Depending on the severity of the root canal we will place you on a 3 month, 6 month or 12 month recall. You can schedule before leaving our office or we will send you a post card in the mail letting you know when you are due. This is a NO CHARGE appointment. It is important that we evaluate the healing of your root canal.

It is our goal to keep your natural tooth as long as possible. With our state of the art technology and our expertise in endodontic we appreciate the opportunity to treat you.