

## **What to expect after your Root Canal procedure**

So, it was not as bad as you thought, right? You handled the procedure very well.

Now, it is normal for your tooth to be sore and sensitive for the first few days after the root canal therapy has been completed – especially if there was pain or infection before the procedure. Initially, soft foods are recommended, as they will provide less discomfort while chewing. The soreness may continue for up to one week. Your tooth may feel differently the second and third weeks but will get better with time and start feeling normal again.

We also recommend that you take 600mg of Ibuprofen every 4-6 hours (3 tabs of 200mg of the brand name drug Advil or Motrin) for the first 24 hours to aid with your healing and to help manage any discomfort. This is a medication that will also reduce the inflammation in the area that was treated. If we prescribed other medication, please take it as indicated.

Finally, you should not chew or bite hard food on the treated tooth until you have had it restored (usually with a full coverage crown) because it could fracture and decay... The crown **should be completed** on a timely basis, if not done today. The root canal will fail if treatment is not completed in its entirety and could result in the need to extract the tooth that you just spent so much time and effort trying to save.

If you have any questions or concerns following your treatment, please do not hesitate to call our office and speak with a staff member. If your call is after hours, the office voicemail will indicate how to reach one of the doctors at home.

*– Dr. Chahine, DMD, FAGD, Dr. Dugas, DDS & Associates*