

**The Houston Dentists
Dr. Kathy Frazar
4914 Bissonnet, Suite 200
Bellaire, TX 77401
713-668-7137**

Post-Operative Instructions- After Root Canal

What to Expect!

1. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache *immediately* after receiving endodontic therapy. This should subside within one week.
2. Your tooth will be sensitive to biting pressure and may even appear to feel loose. This feeling is a result of the sensitivity of nerve endings in the tissue just outside the end of the root, where we cleaned, irrigated, and placed filler and sealer material. This feeling should be short-lived.
3. You may feel a depression or rough area where our access to the inside of the tooth was made. There is a soft temporary material in that area, which may wear away to some degree before your next visit.
4. Occasionally, a small bubble or pimple will appear on the gum tissue within a few days after completion of the root canal. This represents the release of fluid pressure. This should disappear within a few days. Please call the office, if this bubble appears or persists.

What to Do!

1. We recommend you take something for discomfort within one hour of leaving our office, and before the anesthesia begins to subside. We recommend 800 mg of Ibuprofen (Nuprin, Advil, Motrin) 3 times a day for a few days. If you have gastrointestinal disorders or stomach problems Tylenol or Excedrin is a good substitute. Products containing aspirin are not advisable. Read your labels.
2. Whenever possible, try to chew on the opposite side from the tooth we have just treated, until you have a crown or onlay placed. Until that time, your tooth is weak and could fracture beyond repair.
3. Please avoid chewing gum, hard candy, caramels, or other sticky, soft candy that could dislodge the temporary or fracture your tooth.

Please call us at (713) 668-7137 if:

1. You are experiencing symptoms more intense or of longer duration than those described above.
2. You encounter significant post-operative swelling.
3. The temporary material is dislodged, feels loose, or is “high” when biting.
4. Your tooth fractures.
5. A small pimple or bubble appears on gum tissue.