

Root Canal Treatment – Post-operative Instructions

- DO NOT eat or drink anything for the next hour. You have a temporary filling in the tooth and it takes about an hour to harden.
- The temporary filling is not very durable and is prone to breakage or dislodgement if not treated carefully. DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, ice, etc) or anything sticky (gum, caramel etc) until the permanent filling/crown has been placed on the tooth.
- You may brush your tooth as normal. Floss around your temporary filling gently. Pull the floss out to the side (do not bring the floss up), so the temporary filling will not 'pop off'.
- If the temporary filling falls out, you should contact us as soon as possible to replace the filling, to ensure the root canal therapy remains protected.
- Starting tonight, gently rinse your mouth with warm salt water (half a teaspoon of salt in a glass of boiled and cooled down water). Repeat 3-4 times daily for the next 3 days.
- Take care not to bite your lip or tongue if still numb after the procedure.
- If an antibiotic has been prescribed to you, be certain to take it as directed. Be careful to finish all the tablets regardless of how well you feel.
- If you experience discomfort you may take pain relieving medication as directed.
 - a) 2-3 tablets (400-600mg) of ibuprofen (e.g. Nurofen, Advil) every 6 hours for 2-3 days. DO NOT take more than 12 tablets (2400mg) in 24 hours.
 - OR
 - b) 2 tablets (1000mg) of paracetamol (e.g. Panadol) every 6 hours for 2-3 days. DO NOT take more than 8 tablets (4000mg) in 24 hours.

You need to have a permanent filling or a crown (if recommended) placed on your tooth within 1 MONTH of the root canal being completed. It is essential for you to follow up with this. If this is not done, the tooth is very likely to fracture or to develop new decay underneath the temporary filling which may cause your root canal to fail.

You will be responsible for all costs incurred if you fail to follow this instruction.

When to call us:

It is normal to experience some discomfort for several days after a root canal treatment, but call us right away if you have:

- Severe pain
- Swelling
- Discomfort lasting longer than 10 days

You may reach us during normal business hours on (02) 8937 0585, or if you have an emergency when our surgery is closed, please visit the emergency department of your local hospital.