



San Ramon Affiliates

Daniel L Rose, MS, DDS  
2817 Crow Canyon Road, Suite 100  
San Ramon, CA 94583  
925-829-5711, FAX 925-829-3531

## After Endodontic Treatment:

**Congratulations. You have completed the first step in attempting to save a tooth otherwise destined for extraction. To allow your recovery to be as pleasant as possible, please heed the following instructions.**

1. Your numbness may take 2-3 hours to wear off. While you remain anesthetized, please DO NOT eat solid food. This is to avoid the possibility of biting your cheek, tongue, or lip. For those patients who have been fasting, or those suffering from hypoglycemia, sufficient nutrition should be provided by the consumption of shakes, soups, or food replacement products like "Ensure". Maintaining good hydration is important. Water, juice, milk, or non-alcoholic beverages, may be consumed immediately after treatment.
2. The process of completing root canal therapy requires the removal of internal tooth structure. As a result, until your tooth has been restored by your general dentist, it is vulnerable to fracture that may require tooth extraction. Therefore, a conscious effort must be made to protect the endodontically treated tooth while eating. Try not to chew on the affected side, and, avoid hard food items such as nuts or hard candies. A particularly notorious tooth fracturing agent is the "un-popped" popcorn kernel.
3. To protect the endodontic filling material from bacterial contamination, a condition that may require re-treatment of the root canal or extraction, a TEMPORARY FILLING has been placed in the endodontic access cavity. This must be removed, and a permanent filling placed by your general dentist, within four (4) weeks of completion of endodontic treatment. As soon as possible, set an appointment with your general dentist to have the tooth permanently restored.
4. Depending on medical status and diagnosis, there may be antibiotic mediation prescribed. If an antibiotic is prescribed, it must be taken as directed and to completion. Typically, relief from the uncomfortable symptoms accompanying infection resolve before the course of antibiotic treatment is finished. Never-the-less, it is EXTREMELY IMPORTANT the entire prescription be completed.
5. In consideration of one's medical condition and endodontic diagnosis, post-operative pain medication may be recommended. Anti-inflammatory medication works best when taken "By the Clock", rather than "As Needed". If anti-inflammatory medication is prescribed, take it on-time, as the prescription indicates, to minimize possible post-operative discomfort.
6. If there was pre-operative acute infection with extreme discomfort and swelling, it will take 3 to 4 days for the infection to resolve after completion of endodontic treatment. In addition to an antibiotic medication, to alleviate discomfort experienced during this rapidly healing phase, narcotic pain medication may be prescribed. Follow the instructions provided by your pharmacist carefully.
7. Occasionally, post-operative complications arise. Pain and swelling occurring 48 to 72 hours after treatment suggest post-operative infection. Should this occur, please notify our office immediately and emergency treatment will be rendered.

Thank you for allowing us to of service. It is hoped the experience has exceeded your expectation.