

S Dental Studio Post-Operative Instructions- After Root Canal And What to Expect!

- It is quite normal to experience some discomfort or even dull ache immediately after the root canal therapy. This should resolve within one or two weeks.
- Your tooth might be sensitive to pressure, biting or may appear to feel loose. This is a result of the sensitivity of nerve endings just outside the end of the root, after we cleaned, irrigated, and placed filling material. It will gradually subside.
- You may encounter a depression or rough area where our access to the tooth was made. This is because the soft temporary material in that area may wear away to some degree before your next visit.
- Occasionally, a small pimple might appear on the gum tissue within a few days after completion of the root canal, as a result of the release of fluid pressure. This should disappear within a few days. If this bubble appears or persists please call the practice.

What Can You Do to Help Yourself !

- You take some painkillers to ease discomfort within one hour of leaving our practice, and before the anaesthesia begins to subside. We recommend 200-800 mg of Ibuprofen 3 times a day for a few days. Paracetamol is a good substitute, if you have gastrointestinal or stomach disorders. Products containing aspirin are not advisable. Please read the labels.
- Please remember that your tooth is weak and could fracture beyond repair. Try to chew on the opposite side from the tooth we have just treated, until you have a crown or onlay placed. Please avoid chewing gum, hard candy, caramels, toffee or other sticky, soft candy that could dislodge the temporary or even fracture the tooth.

Please call us at 01865 760000 if:

- You are experiencing symptoms more intense than described above.
- You have significant post-operative swelling.
- The temporary material is feels loose, or is “high” , uncomfortable when biting.
- You fracture your tooth.
- A small pimple or lump appears on gum tissue.