



## ROOT CANAL PRE-TREATMENT PREPARATION

### WHAT TO EXPECT AFTER TREATMENT:

It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root-canal therapy. This should subside within a few days (or even weeks).

This occurs because of conditions, which existed before treatment was started. Experience shows that if there was pain prior to treatment there may be a degree of pain that will continue for a few days after the procedure. *Remember that pain radiates.* You may feel sensations of discomfort that are not related to the treated area during the healing process. This can be created by inflammation in this area and/or due to increase in blood volume that naturally occurs in the healing process.

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 will clean, irrigate, and place filler and sealer material and a filling. This feeling will be short-lived. Warm salt-water rinses for two days after treatment will help.

### What to Do Before Your Next Appointment:

- ✚ You will view patient education about root canal therapy.
- ✚ The affected tooth may be tested for hot and cold. If the pain goes right away after cold testing the pulp may not be irreversibly inflamed and may not need a root canal. If the pain lingers for 30 seconds after or more after cold testing, then it's irreversible pulpitis and it needs root canal.
- ✚ Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure.
- ✚ Please refrain from wearing heavy facial make-up. Complimentary make-up is available after your surgery.
- ✚ We want you to be as **comfortable as possible** before and after your care. We recommend you take a non-narcotic analgesic like Motrin or Alleve before your appointment to increase your comfort. We also recommend taking acetaminophen or a non-steroidal anti-inflammatory drug such as Ibuprofen to relieve any post

treatment discomfort. *Please take none of these medications if you have a bad reaction or are allergic to them.*

- ✚ Please do not take any aspirin for 10 days before treatment.
- ✚ Medications may be prescribed. These will be taken prior to and/or after surgery. Please take these according to the directions on the bottle. If you have been given Penicillin V take 2 pills 4 hours for 48-72 hours, then complete prescription taking 1 pill every 6 hours.
- ✚ Medications prescribed by us should be taken at their regular time and dosage unless otherwise instructed by your Doctor. Please tell us of any over the counter or prescribed medications you are presently taking.
- ✚ Refer to pain control article.
- ✚ You may want to avoid chewing on the side of your mouth that has the infection.
- ✚ Sleep with your head in an elevated position if you do not have any physical limitations.
- ✚ Eat a soft diet and avoid hard, chewy and sticky foods.
- ✚ Alcoholic beverages must be avoided 12 hours before treatment and 48 hours after the treatment.
- ✚ Do not smoke for 12 hours before treatment and for 72 hours after root canal therapy.
- ✚ We will cover post-operative instructions with you at the end of your appointment.

**PLEASE CALL US IF.....**

- ✚ Your tooth fractures
- ✚ Bad reaction to medications
- ✚ Uncontrolled pain
- ✚ **If you have any questions or concerns call Nadic Dental Centers@ 702-248-0068**