



Katy Endodontic Associates, L.L.P.

I've Had a Root Canal, Now What?

We hope that you had a pleasant and pain free visit. The most difficult question we are asked, however, is "What am I going to feel after the numbness wears off?" Since each person is unique in healing potential and pain perception, it is hard to predict what your experience will be. We can tell you that it is common for the treated tooth to feel some discomfort for several days after treatment. The following instructions are meant to get you through the "healing process" as comfortably as possible.

1. After treatment, 400 mg Ibuprofen (Motrin) will be offered in our office and should be taken prior to the numbness wearing off. In case of allergy or intolerance to ibuprofen, 500 mg of Tylenol can be substituted.
2. It is recommended that 400 to 600 mg of Ibuprofen be taken every 6 hours for the first 48 hours after treatment. If this does not control the pain, you can take the prescribed pain medication (hydrocodone, propoxyphene, etc.) as directed. If no prescription strength pain reliever was prescribed, feel free to call your endodontist.
3. Refrain from chewing on the treated tooth for the next few days in order to let the "healing" occur without further trauma. If your bite feels "high" or you cannot close your teeth together without pain, please let us know so that we can adjust your bite. If your gums are sore, warm salt-water rinses are recommended.
4. In most cases, post-operative pain is present for the first 48 hours. It usually subsides and starts feeling normal approximately 7 to 14 days later.
5. **See your restorative dentist between 2 to 4 weeks following your endodontic visit for a final restoration.** This can help prevent leakage of new bacteria into the root canal filling as well as reduce the chance of tooth or root fracture. Please make sure your tooth is comfortable before proceeding with any restoration. Call us if there is any lingering discomfort.
6. For any after-hour **emergencies**, please contact your endodontist at Katy Endodontic Associates, telephone number *(281) 693-3200* and press the number *1* when prompted for an emergency and our answering service will contact us with your chief complaint and a telephone number you can be reached.

Please remember that root canal treatment is a biological procedure, and results cannot therefore be guaranteed. Approximately 5% to 10% of teeth that have undergone non-surgical root canal treatment may require retreatment or root-end surgery. Despite our best efforts, approximately 5% of endodontically treated teeth may fail and require extraction.

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