

**ROOT CANAL - POST OPERATIVE INSTRUCTIONS**

Your root canal is now completed. You may have some discomfort after treatment depending on how fast your body heals and the amount of infection/inflammation that was present in and around the tooth prior to treatment. The canals have been sealed, and nature must now have time to repair the damage that the original irritant produced. **The treatment on your tooth is NOT complete. It is essential for you to return to your general dentist’s office for your next appointment to complete your treatment.**

**MEDICATIONS**If Dr. Mullins has prescribed an antibiotic; continue to take it until gone, even if all symptoms and signs of infection have cleared. It is important to take 600-800mg of Motrin (Ibuprofen) every 6 hours for at least the next 3 days. If she has prescribed a pain medication, it may be safely added to the Motrin. If an allergic reaction occurs, please discontinue use of medication and contact our office immediately.

**SWELLING**Some swelling may occur. The use of an ice pack on the outside of the cheek for 20 minutes on and 20 minutes off can reduce possible swelling, as well as the regular use of the Motrin.

**DIET**

Chew only on the opposite side until your filling and/or crown is completed. The tooth may be tender to pressure or biting for approximately 1 to 2 weeks; clenching, grinding, or biting with a temporary filling can elongate the healing process. Any excessive aggravation of the tooth can delay healing. Complete healing may, in some cases, take several months to occur. Each case is different, even on the same patient.

**FINAL RESTORATION**

Your treatment is not complete. You now have a temporary filling, which may last 4 - 6 weeks. Many dentists prefer to have the permanent restoration placed 1-2 weeks after the completion of the root canal treatment. **We do not recommend waiting longer than 4 weeks to have the permanent restoration started if there are no complications to the root canal therapy.** This final restoration (crown, onlay, filling) is imperative and will give the tooth its necessary protection from possible therapy failure. A letter and copy of your final x-ray will be sent to your general dentist. Please contact your general dentist to schedule your permanent restoration as soon as possible. **Failure to complete a permanent restoration in a timely manner may cause the tooth to fracture or become re-infected**.

**SMOKING**  
Smoking can be a large risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking for 4 – 6 days after your procedure.

\*\* If you have a post-operative **emergency** and need to reach Dr. Mullins after hours, she can be contacted directly at 816.719.3200 or stephmullinsdds@gmail.com. **Please note**: an after-hours fee may apply to calls that are not true emergencies \*\*   
**Please report any signs or symptoms of COVID-19 within the next 14 days.**  
We appreciate the opportunity to be a part of your dental team and we hope your treatment was as pleasant as possible. Please don’t hesitate to call with any concerns or questions you may have!  
  
Dr. Stephanie L. Mullins & Staff