**Your root canal treatment is complete. This sheet will go over some information about what to expect for the next few weeks now that the root canal is completed. Please follow the instructions outlined below, and contact us should any questions or problems arise.**

**Soreness and pain-** It is normalfor your tooth to be sore for 2-3 days after treatment. It may even become sorer on the second day. Tenderness to biting can persist for up to two weeks but will gradually get better over time. Please use painkillers should you require. Ibuprofen is ideal (unless a medical reason stops you from taking this)

**Temporary filling-** The temporary filling will take about a half an hour to set. With use, the temporary filling may wear down. It is very rare for it to fall out entirely. If the temporary falls out you should contact us, or your general dentist for replacement.

**Diet-** AVOID Hard foods- (nuts, ice, muesli etc.) until the permanent filling/crown has been placed on the tooth. Again, the tooth is prone to fracture and if you bite down on anything too hard or crunchy you may crack the tooth!

**Next Treatment-**Your tooth only has a temporary filling. **It is critical that you make an appointment with your dentist for placement of the definitive restoration as soon as possible.** Your dentist will place a crown, onlay, or filling to seal the root canal filing and help protect the tooth from fracture. Again, avoid chewing on the treated tooth until the restoration is placed**.**

**Oral care.** You may floss and brush your tooth as normal.

**FLARE-UPS**-Although about 95% of root canals cause very little to no discomfort after the treatment is completed, there are about 5% of cases which can cause significant pain. These are commonly referred to as “flare-ups.”

They mostly occur on badly infected teeth, teeth that are extremely irritated, or teeth that have a history of prior treatment. The treatment stirs up the infection that is trapped in the bone under the tooth although the tooth is treated.

If you have a flare-up you may experience moderate to severe pain, swelling, bruising, throbbing, and general discomfort, which usually begins a few hours after treatment and may last 2 to 3 days.

Please contact us if you experience any of these symptoms. You may be prescribed antibiotics, stronger pain medication.