



ENDODONTIC SERVICES

574-232-5866 South Bend

574-295-7342 Elkhart

At Endodontic Services, we complete your root canal in one visit, unless the tooth is very inflamed or infected. In that situation, root canal therapy often takes two or more appointments to complete.

Key points to remember:

1. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off as we do not want you to accidentally bite into your cheek area.
2. Between appointments, it's common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, please call our office so it can be replaced.
3. To protect the tooth and help keep your temporary in place: ·Avoid chewing sticky foods (especially gum). ·Avoid biting hard foods and hard substances, such as ice, fingernails and pencils. ·If possible, chew only on the opposite side of your mouth. A temporary filling is placed by our office to protect the tooth between appointments and we ask that you wait *not longer than a 6-week period* before getting back into your general dentist for the restoration.
4. It's normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. 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). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm. To control discomfort, take pain medication as recommended by our office. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. If you were not prescribed a pain medication by us but are experiencing pain after your appointment, we recommend taking over the counter pain medication. (Tylenol or Motrin) We recommend ibuprofen (Motrin, Advil, Nuprin) or naproxen (Aleve, Anaprox). Should you experience discomfort that cannot be controlled with pain medications or should swelling develop, please call our office.
5. To further reduce pain and swelling, soak three times a day with warm salt water. A post-operative card with instructions was also given to you after your appointment. It's important to continue to brush and floss normally.
6. A crown covers and protects the tooth from breaking in the future. Unless otherwise noted by the dentist, it is critical to have a crown placed on your root canal therapy treated tooth as soon as possible. Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of the tooth. If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our dental office.

We are here for any other concerns or questions, if you would like to speak with one of our staff members you may reach us at the numbers listed above.

Call and notify our office to report any signs or symptoms of COVID-19 within next 14 days after treatment.