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## **Advice for Patients following Root canal Treatment**

Following completion of your root canal treatment you may be numb from the anaesthetic for another 1-4 hours (varies from person to person). Please do not eat or drink anything hot during this period as you may burn yourself without realising it. You may have cold drinks straight away and when the numbness has gone, you may eat on the temporary filling. Please try and be careful eating on the tooth for the next few days. The tooth can be used normally following fitting of a crown or permanent filling.

Please be aware that there is a risk of experiencing some pain and discomfort. It is usually throbbing in the region and tenderness when chewing for the first 48 hours. In some circumstances the pain can be severe and may be accompanied by some swelling. (referred to as a "flare up")

Should the pain persist, or you develop a swelling after 48 hours please take the antibiotics, which has been prescribed for you (if applicable). Please be assured that if you are unfortunate enough to experience a flareup it does not affect the overall success of the treatment.

If there is a small swelling or 'sinus' present next to the tooth, please massage it the following evening and for the next five evenings. It is best to do this after you have brushed your teeth. Then rinse our mouth.

The following is an analgesic regime that should deal with the pain or discomfort.

You are advised to take some pain relief in 1 hours' time post-treatment and continue to take them for at least 24 hours.

Please note, if you cannot take Ibuprofen (Asthma sufferers) then only take Paracetamol.

### **If you can take Ibuprofen**

Please take alternate Ibuprofen 1 x 400mg and Paracetamol 1 x 500mg. (if pain is severe)  
This can be administered 3-4 times in 24 hours.

### **If you cannot take Ibuprofen**

Please take Paracetamol (1000mg dose) 2 x 500mg. This can be taken 3 times in 24 hours.

Please call the practice should you wish to speak with the dentist or have any queries. You can call the practice 24 hours a day and obtain Dr Vahdaty's out of hours mobile telephone number. Please feel free to call her if you need to.