



MODESTO endodontics

Gregory E. Shinkwin DDS MS
Ramneek K. Batth DMD MS
SPECIALISTS IN ENDODONTICS

1130 Coffee Road, Bldg 4
Modesto, CA 95355

info@modestoendodontics.com
Office (209) 524-9950 Fax (209) 524-9954

Instructions Following Root Canal Treatment

- Avoid chewing in the area where treatment was completed until any numbness resolves to reduce the chance of trauma to the tooth and associated tissues.
- If you required a prescription for medication, it will be emailed to your pharmacy. It is recommended you call ahead to the pharmacy to confirm it is ready to pick up. If no prescriptions were given, you may choose to take ibuprofen medications such as Motrin or Advil to relieve discomfort and swelling as long as you have no sensitivities or allergies to these medications. An alternative would be to use Tylenol. Most of the time these medications work best if they are taken at the prescribed interval which keeps a therapeutic level of the medication in your system to give the most relief. If you are not able to establish adequate pain control, call our office.
- If the area around the treatment site is sore or swollen applying a cold compress to the face in the area of the treatment will help minimize swelling. If using an ice pack, please do not apply directly to the skin but place a cloth between your skin and the ice pack at all times. No more than 20 minutes on and an equal time off for up to 6-8 hours as needed.
- If your tooth requires a permanent restoration (crown) avoid chewing or biting on the treated area until your permanent restoration is in place. Avoiding hard substances such as nuts, ice, hard candy, pretzels, etc. Routinely your general dentist will place the final restoration. Please contact your general office so they can schedule to have the final restoration completed as soon as your symptoms resolve.
- If a permanent restoration was placed in our office, then avoid hard substances until the tooth is comfortable to chew on which can vary from a few days to several weeks depending the severity of the infection.
- An increase in pain after the procedure is often referred to as a "Flare-Up" and is usually the result of the infection that has involved the surrounding bone and tissue. This generally occurs in teeth that have been extremely irritated or infected as well as teeth that have a history of prior treatment but sometimes can occur randomly even with patients who have had no issues with root canal treatment in the past. If you have a flare-up, you may experience moderate to severe pain, swelling or throbbing and should contact our office as soon as possible in case you require additional medication or treatment. If you are concerned, please contact our office (209) 524-9950.