

## Advice after root canal treatment

You may have pain after each treatment appointment, this is because we are dealing with already inflamed tissue and we are stirring things up even more.

As a general rule, you are more likely to have pain after the appointment if you had pain before the appointment but it is very difficult to predict. Remember, treatment is aimed at treating or preventing future pain and infection and ultimately to try and save your tooth.

### What medication will help?

We recommend taking painkillers regularly for 48-hours if you have pain after treatment. This helps with inflammation, swelling and pain.

Unless there is a medical reason such as stomach ulcers or allergies, our first choice is simple **ibuprofen 400-600mg 4 times a day with or after food** (2 or 3 of the 'normal' over the counter 200mg tablets). If you get heart burn or the ibuprofen does not suit, try 1g paracetamol 4-times a day (2 'normal' over the counter 500mg tablets).

If you feel you need painkillers such as co-codamol, do not mix them with paracetamol but do take them with plenty of water as they can make you constipated and nauseous.

### Should I take antibiotics?

Antibiotics are not normally needed as the treatment itself aims to kill the bacteria.

### How should I keep the area clean?

Clean the area as normal using your manual or electric tooth brush and floss or interdental brushes.

### Will it work?

Success is likely but never certain or guaranteed. Signs of infection, if present, may not go away or may go but come back. If that happens, there may be other things such as endodontic surgery that can be carried out to try and save the tooth. Every case is different needs to be re-assessed to check if surgery is possible.

Remember, in the worst case, if treatment is not successful in the short, medium or long-term, the tooth may need to be extracted but do ask your dentist to make another referral for us to check if there is anything more that can be done to try and save your tooth.

### In an emergency

**Do get in touch** if you are concerned, call the practice on 01462 420825 or out of hours, Shashi Mishra on 07778 685956.