

# Root Canal Instructions

After your root canal appointment it can be normal to experience discomfort in that area along with swelling. This occurs because the removal of the infection in the nerve tissue creates inflammation. The good news is that this is the beginning of the healing process and should only last a few days, in fact the majority of inflammation is gone with in the first 24 hours.

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## What you can expect:

- **Ice:** An ice pack is highly recommended on your cheek 20 minutes ON and 20 minutes OFF for the first 24 hours. This will help reduce the inflammation and discomfort.
- **Rest:** Get plenty of rest and remember to sleep slightly elevated with an extra pillow under your head. This will help reduce the area from throbbing and swelling.
- **Medication:** Be sure and take some of your prescribed pain medication prior to the numbness going away. Taking your medication this way will greatly reduce the degree of discomfort you may have.

Dr. Michael Dolby | 208.323.8545



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During the Root Canal treatment, the nutrient supply to the tooth is removed causing the tooth to become brittle and prone to fracturing. A crown restoration is used to make the tooth stronger, distribute the biting forces equally and prevent breakage from happening. A temporary crown is used to seal the tooth between visits. If it comes out, either replace it with Vaseline or Fixodent (denture adhesive), or call us so we can replace it for you. Please call us if your bite feels "high" as this problem is easily corrected with a simple bite adjustment. Proper brushing, flossing and regular scheduled cleanings are essential for the long-term health of your teeth.

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## Warranty:

- A root canal is a therapy not a cure. The procedure has a high success rate, but almost 7% of root canal procedures will fail. If your root canal fails within a period of 1 year from the date of service, we will either refund the cost of your root canal or retreat the tooth for free!
- This warranty is null and void if the patient does not maintain their scheduled continuing care cleaning appointments.

If You Have Any Concerns or Questions,  
Please Do Not Hesitate To Call our Office at 208.323.8545

