

You will then be given recommendations and advice on the care you should take at home after having undergone a root canal, and the possible sensations that you may have after the procedure.

Keep in mind that each case is different and it will be the doctor who can give you more details about your particular case.

- 1.- To perform a root canal it is necessary to use anesthesia to "sleep" the area to be treated. Your lips, teeth and tongue may remain anesthetized for a few hours after treatment, it is normal. You should avoid any type of chewing until the effect of anesthesia has completely disappeared since you could bite your tongue or mouth without realizing it.
- 2.- In some cases it is not possible to finish the endodontic treatment in a single appointment, if so, it is important that you attend to finish your treatment, so you do not feel pain.
- 3.- After performing the root canal itself, a temporary reconstruction is done for one or two weeks. It is normal for a part of this temporary reconstruction to wear out over time. Normally this is not a problem, however, you should follow these recommendations to ensure that your temporary reconstruction remains in place:
 - * Avoid chewing gum, eating hard things or sticking to your teeth.
 - * If possible, chew hard food only with the opposite side of your mouth while you have temporary reconstruction.
 - * Continue brushing your teeth normally.
 - * Use dental floss every day and when approaching the treated area be careful not to pull up the dental floss when trying to remove it, it is better to remove it from the side to avoid releasing the provisional reconstruction.

- 4- If the temporary reconstruction falls completely, make an appointment as soon as possible to replace the temporary reconstruction and thus avoid contamination of the cavity and possible treatment failure.
- 5.- The definitive restoration must be carried out in a period less than 15 days after the endodontic treatment is finished. Keep the appointment scheduled for this purpose to avoid failure of endodontic treatment due to contamination, or fracture of the tooth, otherwise the clinic is not responsible for the prognosis of the treatment.
- 6.- During the first days after endodontics you may feel discomfort or tenderness in the area of the treated tooth, especially if there was infection and pain before undergoing treatment. These symptoms are temporary and usually respond well to pain relievers.
- 7.- The absence or presence of pain in the post-treatment days does not define the prognosis. This means that a tooth with a lot of pain after being treated can have a very good future in the mouth and vice versa, the absence of pain is not synonymous with success.
- 8.- If you have been prescribed antibiotics to fight the infection it is important that you continue taking them for as long as the doctor tells you even if the symptoms of the infection have disappeared.
- 9.- To treat pain you can use painkillers following the doctor's instructions. If the pain occurs when closing and colliding with the opposing tooth, it is advisable to go to the Consultation to relieve that premature contact.

- 10.- The tooth that undergoes an adequate endodontics, followed by an appropriate restoration, can last as long as a natural tooth. Once the tooth has been permanently restored, all you need are good dental hygiene habits, including brushing, flossing and cleaning and regular check-ups at the clinic.
- 11.- In some cases it may happen that the treated tooth does not heal or that the pain continues. Sometimes the pain may appear months or even years after treatment. In some cases, additional procedures may be required, such as repeating endodontics or performing apical surgery to resolve the pathology of origin.

IF YOU HAVE ANY DOUBT OR URGENCY PLEASE CONTACT THE OFFICE.