

## After root canal treatment

The goal of root canal treatment is to save and preserve the natural tooth and to prevent the spread of infection. In this patient instruction, we will discuss what you can expect after root canal treatment and how you can affect the outcome of the treatment and your well-being afterwards.

### Duration of numbness:

- The local anesthesia used after root canal treatment can last for several hours. Be careful not to chew on your cheek or tongue in the numb area.
- Once the numbness wears off, you may experience tenderness and pain.

### Post-treatment tenderness:

- It is normal to experience tenderness for several days after the treatment. This is part of the healing process.
- You may notice this tenderness when biting, and there may be a throbbing sensation in the tooth.

### About taking painkillers:

- If you experience pain after the treatment, you can take painkillers according to your dentist's instructions. It is generally recommended to use anti-inflammatory painkillers, such as ibuprofen, unless you have contraindications to them. If the pain is severe, you may consider using paracetamol in addition to an anti-inflammatory painkiller.

### When to seek emergency care:

Contact an emergency dentist if you experience some of the following symptoms, which may indicate a spreading infection:

- Swelling of the face or neck

- Difficulty swallowing, speaking, or breathing
- Significant limitation in opening the mouth
- Fever or worsening of well-being
- Severe pain that does not subside with painkillers

**Recommendation for prosthetic crowning of the tooth:**

- A root canal-treated tooth is generally more fragile and prone to fractures compared to an untreated tooth. Prosthetic crowning improves the prognosis of the root canal-treated tooth, increases its durability, and restores its functionality and appearance. Discuss crowning with your dentist and schedule it as appropriate.

Remember, every recovery process is individual. If you have questions or concerns after the treatment, contact your dentist.