

Post-Operative Instruction: Root Canal Treatment



1. Avoid eating, drinking, or using your tongue to touch the treated tooth for the first 30 minutes to ensure the temporary filling hardens properly.
2. Avoid chewing or biting the hard substances (peanuts, ice cubes, etc) on the treatment area as the temporary filling placed immediately following root canal is prone to cracking. If the temporary filling falls out, please contact us as soon as possible.
3. If you were given any prescriptions, please take all the medications as directed. If not, you may take Panadol or Ibuprofen to reduce any pain. But, if pain remains unbearable after taking painkillers, please contact us.
4. Some discomfort is normal for 2 to 4 days following root canal therapy. In some cases, the tooth and surrounding tissue may be sore for a few weeks following treatment.
5. Please keep the treated area clean by gently brushing and flossing regularly, unless otherwise instructed by your dentist.

IMPORTANT NOTE:

While flare-ups are rare, they occur in about 5% of cases and may cause significant pain. They generally only occur with teeth that are extremely irritated and/or infected or with teeth that have a history of prior treatment. These sometimes occur randomly, even on patients that have had root canals done in the past without problems. If you have a flare-up, you may experience moderate to severe pain, swelling, throbbing, or general discomfort; please contact us right away. You may be prescribed additional medication such as antibiotics, and/or you may be asked to come to for further treatment.



根管治疗后的注意事项



1. 在治疗后的30分钟内尽量避免吃，喝或用舌头触碰治疗过的牙齿，以确保补牙材料稳固防止脱落。
2. 避免用根管治疗的牙齿咀嚼或咬太硬的食物（花生，冰块等）以防止牙齿裂掉补牙物脱落。若是发现有脱落，请尽快联系我们。
3. 若是牙医有开药，请依据医生嘱咐服药。如若没有，可以吃Panadol 或 Ibuprofen来减轻疼痛。但是，如果服用止痛药后仍然无法缓解疼痛，请联系我们。
4. 根管治疗后的2至4天出现不适是正常的。在某些情况下，牙齿和周围组织可能会在治疗后的几个星期内感觉不适。
5. 请保持治疗区域的清洁，可以如往常一样刷牙和使用牙线，除非牙医另有指示。

重要提示：

虽然发作很少见，但大约5%的病例会发生这种情况，并可能导致严重疼痛。这通常仅发生在极度受刺激和/或感染的牙齿或有先前治疗史的牙齿上。这些有时是随机发生的，即使对于过去做过根管治疗且没有问题的患者也是如此。如果病情突然发作，您可能会感到中度至重度疼痛、肿胀、抽痛或全身不适；请立即联系我们。牙医可能会配额外的药物，例如抗生素，也可能会要求您来接受进一步治疗。



Dear Dentist Dental Clinic