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Devoted to Excellence
Serving with Compassion

PATIENT INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

COMPLETION OF CARE:

If we did not complete the root canal today, you will have a soft, temporary filling in the opening of your tooth. For the first half hour after placement, you should squeeze your teeth together and grind back and forth for a few seconds. Do this every 5 or 10 minutes. If you lose a little of this material or some of it wears away between appointments, do not be alarmed. There will be some of the temporary filling material left deeper in the tooth. After the root canal is completed, we will put in a permanent filling in the tooth. On all posterior and some anterior teeth, it will be necessary to put a crown on the tooth afterwards. It has been found that 70% of all posterior teeth would have to be extracted due to splitting of the tooth and roots if we did not crown the tooth. Crowning of the tooth should begin as soon as you are able to proceed.

PAIN:

There is usually some discomfort after root canal therapy. If you are expected to have severe pain, a prescription will be written for you. If a little discomfort is experienced, two aspirin or Tylenol tablets taken every 4 to 5 hours will relieve it. If the pain does not go away, call the office.

SWELLING:

Normally, swelling does not occur with root canal therapy. We do not routinely prescribe antibiotics, to cut down the chances of the development of bacteria which are resistant to antibiotics. If swelling does occur; however, please contact our office. We would want to prescribe antibiotics for you. When you take the antibiotics, it is also helpful to apply heat to the area of swelling, to help the body clear the infection away more rapidly.

MOUTHRINSING:

You may rinse your mouth with a mild salt solution of a half teaspoon salt to a glass of warm water. It is also recommended to use a mouth rinse such as Listerine or Peridex. Do this for one to two minutes, several times per day.

EATING, DRINKING, AND SMOKING:

Refrain from smoking or alcoholic beverages for 24 hours. Smoking and drinking alcohol will delay healing. You do not have to change your diet, but eating softer foods that do not require much chewing work best. Taking 1000mg./day of Vitamin C will aid in healing.

PRAYER:

As your dentist, I can create an environment for healing; but I am not the Great Physician. Scientific studies prove that if the doctor, the patient and other loved ones are praying to the Almighty Triune God (Father, Son, and Holy Spirit), the patient will heal better than the patient where none, or only one of the above are praying. I will pray for your healing. Would you pray too?