

RICHARD J. DELLORK, D.D.S.

PRACTICE LIMITED TO ENDODONTICS

30 YEARS SERVING NORTHERN VIRGINIA

Root Canal Therapy Post-Op Instructions

1. Rinse with 1 tsp. salt dissolved in an 8 ounce glass of warm water several times a day over the next couple of days.
2. **The tooth treated is in a fragile state.** Do not bite or chew on anything hard that will result in structural damage to the tooth.
3. Refrain from using an electric toothbrush for three to five days.
4. It is imperative that you schedule your restorative appointment with your general dentist to prevent re-infection and structural damage. This restorative appointment should be **one to two weeks** after completion of your root canal procedure.
5. Mild to moderate discomfort is normal for up to five days, depending upon the severity of your infection. For relief, take your preferred over-the-counter pain remedy. Anti inflammatory such as Motrin, Advil or Aleve is preferred if tolerated. If needed, fill the prescription provided by the doctor.
6. Should you develop swelling at any time, please call our office at once. Evening and weekend telephone assistance is available by accessing Dr. Dellork's cell phone through our office voice mail at **(703) 281-5522**.
7. If Antibiotics are given, make sure to take as prescribed for the **full 10 days**, unless otherwise directed.
8. Do not mix alcohol with any prescription drugs.

Important Reminder: You should not chew or bite on the treated tooth until you have had it restored by your dentist. The un-restored tooth is susceptible to fracture, so you should see your dentist for a full restoration as directed.