



Post-Treatment Instructions for **Root Canals**

What to Expect:

- If you had acute, distressing pain that kept you awake at night... that's behind you! Aside from some soreness, you should feel much better 😊
- Expect some tenderness on the gum tissue around the tooth for a few days.
- It is also normal for the tooth to be tender upon any pressure for a few days. In rare cases, soreness can last a few weeks.
- The tooth may break down over time. If we feel this could happen, we will recommend protecting the tooth with a crown to prevent it from cracking.

Things You Should Do:

- Wait until the numbness wears off before eating or drinking anything.
- Take over-the-counter pain medications as instructed for pain relief. The recommended meds are ibuprofen (Motrin/Advil), acetaminophen (Tylenol), and naproxen (Aleve/Naprosyn). We will recommend the appropriate regimen for you based on your medical history.
- If stronger pain relief or other medications have been prescribed, take them as directed.
- Brush and floss as you would normally.

Things You Shouldn't Do:

- Avoid chewing on the treated tooth until it has properly been restored with the appropriate restoration. In most cases, that means a protective crown.
- Avoid crunchy foods and nuts.

For Pain Relief Follow one of these instructions, as recommended by our team:

- Take 600mg Advil, then 3 hours later, take 1000mg Tylenol. Alternate between each drug every 3 hours.
- Take 600mg Advil every 6 hours.
- Take 1000mg Tylenol every 6 hours.
- Take 550mg Aleve every twelve hours.

**If you need answers beyond what this handout can provide you,
call or text the office at (585) 360-0202. Get well soon!**



Information on Dental Crowns

When a tooth is root canal treated, the infected tissues inside have been removed. However, properly cleaning out the tooth will weaken it.

A crown is a small, tooth-shaped cap that fits over your tooth. Once placed, it will bring the tooth back to its original strength, before it had cavities or had to be root canal treated.

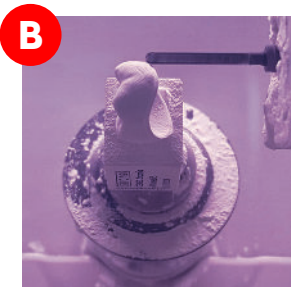
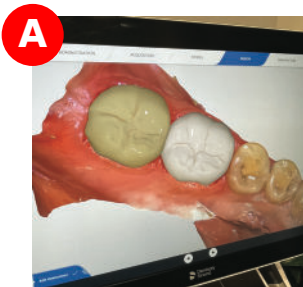
If we recommend protecting the tooth with a crown, it is because we suspect it is at high risk of cracking without the strength a crown provides.

At Celestial Dental, most crowns are made using our same-day technology. They are made out of a ceramic/crystalline material and are designed to look and feel just like natural teeth.



How does it all work?

- Open wide! We will impression the modified tooth using our intraoral scanner. It is then saved onto a computer.
- The model is created, and the crown is designed by doctor/computer **(A)**.
- The crown is sent digitally to the milling machine **(B)**. It will be made in less than 15 minutes. You can even watch your crown as its being made!
- When it's finished, the crown is strengthened in a 3,000°F oven **(C)**.
- The polished crown is then tried in and cemented.



Unlike the traditional methods of crown fabrication, all of the above is performed in one visit, in less than 2 hours!