

**University of the Pacific Arthur A. Dugoni School of Dentistry
Endodontic Department**

Patient name:

Date:

DELAYS IN RECEIVING ROOT CANAL TREATMENT: Wait times can be extreme!

We have a limited number of root canal appointments each week. It is normal to have wait times that extend several weeks and even months to receive an appointment at our endodontic clinic. We will do our best to service you in a timely period, but there may be more demand than we can service. If this becomes true in your case the student dentist or resident will inform you immediately. You can call your insurance carrier or local dental society for referrals to another provider within the area.

ROOT CANAL TREATMENT: What to expect?

A root canal treatment can take several appointments to finish. Your first or second appointment may not be enough to adequately clean and fill the root canals. Ask your student dentist or resident if you need to come back to continue with the treatment.

After your root canal treatment appointment, it is normal to feel some tenderness in the area. Tissues need time to heal and any soreness should dissipate in the next few days. Sometimes the jaw can be tender from keeping it open during treatment. Please take with food **400-600mg ibuprofen** (2-3 Motrin, IBU 200 or Advil) or 1000mg acetaminophen (2 extra strength Tylenol) within 30 minutes after your first appointment is done and then every 4-6 hours for the first 24 hours, then take only if needed. Inform your student dentist and do not take Ibuprofen or Acetaminophen if you have allergies to these medications.

If you experience severe pain or pressure for more than a few days after the treatment, please contact us by the telephone number below.

Guidelines in between your root canal appointments

- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite hard foods on the treated tooth until you have had it restored by your dentist.
- Brush and floss your teeth as normal.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, contact your dentist or endodontist.
- Your treatment needs to be continued within one week to six weeks. If you cannot see a provider within this time frame, let your student dentist know right away.
- Contact your endodontist right away if you develop any of the following:
 - a visible swelling inside or outside of your mouth;
 - an allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction);
 - a return of original symptoms; or

- your bite feels uneven.

Must-do steps after your last root canal appointment

Your last root canal appointment does not mean that the treatment is done. The tooth needs a permanent filling or a crown to be placed for the treatment to be fully completed. After your last root canal appointment, you need to return to your dentist who referred you for root canal, if you have one. If you do not have a general dentist, ask your student dentist if they can help you find one. Your insurance carrier of Dential may not provide a benefit for a crown, therefore you may be required to pay for this service.

If you elect not to have the filling or the crown done as soon as reasonably possible after your last root canal appointment, there is a strong possibility that your tooth will fracture and/or your root canal treatment will be re-infected, which would lead to either retreatment or extraction.

Please keep in mind that while root canal treatment is the first step in saving your tooth, sealing the tooth with a proper final restoration is extremely important for long-term success. Your dentist or endodontist may periodically x-ray the tooth to ensure that healing occurs.

Your signature below signifies that you have understood fully the content above.

Patient or Legal Guardian name: _____

Signature: _____

Clinician name and phone number:

General number for calls after office hours: 1-888-372-0892