



INFORMATION ON ENDODONTIC TREATMENT (ROOT CANAL TREATMENT OR RETREATMENT)

1. WHAT IT IS

Endodontic treatment (root canal treatment) involves removing the inflamed or infected dental pulp, cleaning and shaping the canals and sealing them hermetically. **Retreatment** repeats the procedure on a tooth that has already been root-treated, where infection has persisted or recurred.

2. AFTER THE APPOINTMENT

Wait until the **anaesthesia has completely worn off** before eating, to avoid biting your cheeks, lips or tongue. Some sensitivity or discomfort when chewing during the **first few days** is normal and gradually subsides.

3. MEDICATIONS

Take any medicines **as prescribed**. For pain, unless otherwise advised, PARACETAMOL 1000 mg or an anti-inflammatory is helpful. Any antibiotic should be taken only if prescribed and for the full course indicated.

■ **Do not take Acetylsalicylic Acid (Aspirin) without medical advice.**

4. EATING AND CHEWING

Until the final restoration is placed, **chew on the opposite side** to the treated tooth. A root-treated tooth is more fragile: avoid biting hard food (nuts, crusts, ice) with that tooth to reduce the risk of fracture.

5. FINAL RESTORATION

■ **The tooth is not complete until it is restored: the temporary filling must be replaced within the time indicated.**

A root-treated tooth, especially if heavily damaged, often needs a **crown** to protect it from fracture. Please keep the appointments scheduled for the final restoration.

6. NORMAL AND ABNORMAL SYMPTOMS

Mild pain and tenderness to pressure for a few days are part of the normal course.

■ **Contact the practice if you develop severe or worsening pain, swelling or fever, or if the temporary filling breaks or falls out.**

7. FOLLOW-UP

Healing of the tissues around the root may take months and is monitored with **clinical and radiographic check-ups** over time. Good oral hygiene and regular check-ups are essential for the long-term success of the treatment.