



truly

Root Canal
Healing & Aftercare

Our *step-by-step* aftercare guide for *root canal* treatment.

Congratulations! You have successfully completed the first step of undertaking a root canal treatment, and the most challenging moments are behind you now. Truly are proud to support you through this wise and invaluable decision, which will prolong the lifespan of your natural tooth and greatly enhance your oral health and wellbeing both now and into the future.

Over time teeth which are heavily decayed, have undergone extensive dental restoration or trauma by injury, can become infected. Many patients experience pain and discomfort in an affected tooth, but in some cases this process can also happen silently under the surface, and you may only have become aware of the problem at your recent dental check-up. Regardless of how your tooth infection presented itself, without treatment your tooth is susceptible to recurrent pain, discomfort and in the worst case scenario, releasing infection to spread around the body causing serious illness to other bodily systems. It is safe to say that by choosing root canal treatment today you have not only made a decision to save your tooth and its full function, but also to safeguard and defend your long-term health and quality of life.

Root canal treatment (RCT) is a highly intricate and complex procedure, involving complete removal of infected nerve tissue within your tooth, followed by thorough sterilisation and cleaning of the tooth's root system—all while preserving the natural structure of your tooth and maintaining its normal function. Our dentists use state of the art microscopic technology to

ensure that all infection-causing bacteria, plaque and pus within the tooth are removed so we can guarantee total success of treatment. When the root or nerve tissue of a tooth has become infected in this way the only other option to RCT is to have your tooth surgically extracted. Working with our patients to ensure they are empowered to make the decisions which will allow them to preserve their natural teeth is a top concern at Truly; there are numerous life-enhancing benefits of your choosing to save your tooth with root canal treatment.

The benefits of root canal treatment:

- 1 Complete relief (or timely prevention) of the dull, painful and debilitating toothaches caused by infections of the root nerve tissue.
- 2 Eliminate the danger of infection spreading from your tooth to other parts of your body.
- 3 Unlike the extraction of a tooth which can take a number of days to begin recovery, after your first RCT visit healing begins immediately.
- 4 Avoiding tooth loss means you retain your full chewing and tooth function, without tenderness on biting down.
- 5 Prevent premature facial aging caused by avoiding gaps and preserving original tooth position.
- 6 Avoid complex surgical procedures for tooth replacement with implants and smile with confidence with your natural teeth.

Still a *little unsure*? Here's what to expect after your first visit:

We use a highly effective local anaesthetic to ensure you do not experience any pain during the procedure. Numbness can last for up to 8 hours following treatment. Please take great care not to bite or chew your numb cheek, lip or tongue as you may injure yourself unknowingly. Avoid hot food and drinks until your sensation has returned to normal.

Although after your first visit today, any pain from the infection to your nerve tissue will have been relieved by the procedure, it is normal to experience some tenderness in the days following your appointment, as the body undergoes its natural healing process. In order to promote healing following treatment your dentist may prescribe you with some medication to support and accelerate this recovery. Please take all medication as advised. Any symptoms will decrease over the coming days, on average 2–5 days. You may experience some discomfort or stiffness in your jaw following your appointment. This will pass shortly, and may be related to having to hold your mouth open for a long period during today's treatment.

Avoid chewing gum, eat primarily softer foods during this recovery period, and massage your jaw and the muscles of your face to reduce any pain. Your dentist will have placed a temporary filling today to protect your tooth in this interim period between visits. To allow your filling to harden completely, you should avoid eating, drinking and feeling the filling with your tongue for at least 30 minutes following treatment.

A temporary 'cement' or dental bonding agent was used to fix your temporary filling in place—it is common to notice some fragments of the temporary cement come away from the procedure site into your mouth after the appointment. These are usually excess bonding fragments and are nothing to worry about, they

are not fragments of the filling itself and do not mean it is going to dislodge. Avoid eating very sticky or hard foods (such as toffees, crunchy bread or nuts) while your temporary restoration is in place, as these can cause the filling to break or dislodge. If your temporary restoration falls out please contact the clinic as soon as possible so we can replace it. You must maintain excellent oral hygiene following your treatment to safeguard your treated tooth, in addition to boosting your overall resistance to tooth and gum disease. It is essential that you brush at least twice per day and floss on a daily basis.

What to expect in the *2 weeks* after your *second visit*:

As before, numbness from local anaesthetic can last for up to 8 hours following this procedure. Please take great care not to bite or chew your numb cheek, lip or tongue during this period. Avoid hot food and drinks until your sensation has returned to normal. It is normal to experience some tenderness in the days following your root canal treatment as the body undergoes its natural healing process. In order to promote healing following treatment your dentist will prescribe you with some medication to speed up the healing process. Please take all medication as advised by your dentist. Any symptoms will decrease over a few days. You will have had your mouth open for a long period during today's treatment. It is normal to experience some tenderness and discomfort in your jaw as a result. Avoid chewing gum, switch to a softer diet and massage your jaw and the muscles of your face to reduce any pain.

Following your root canal treatment today in which your dentist carried out complete removal of all infected nerve tissue and re-shaping of your tooth, they may have restored your tooth with a temporary filling. If you have received this type of restoration your dentist will have instructed you to continue avoiding eating

chewy, sticky or hard foods on this side of your mouth. Your tooth may feel rougher or shorter than it did prior to treatment. It is perfectly normal for size and contour to feel different following root canal treatment, however you will cease noticing this gradually, and this will only last while your root treatment is being allowed to settle and fully heal following your procedure today. When you return to have your permanent restoration placed this will be resolved entirely.

Get *the most* out of your RCT, *longterm*:

A crown is recommended to reinforce your natural tooth structure, protect your restored root and natural tooth base, and prevent future breaking or fracture of your tooth.

Your dentist will have discussed with you the importance of restoring your tooth with a permanent dental crown following your root canal treatment, root canal treated teeth are not as robust and strong as your tooth was

before treatment. In many cases if you fail to adequately restore a root canal treated tooth you risk catastrophic cracking or fracture resulting in the tooth needing to be extracted and loss of your natural tooth.

Please ensure you have made an appointment with our front desk team before leaving today, where they will follow your dentist's recommendations and time frame and schedule you to return to have your tooth permanently restored with a dental crown. Anterior teeth which have undergone root canal treatment are less likely than back teeth to require a dental crown to maintain their bite and strength. However, these teeth will often develop darkening or discolouration in the months following completion of root canal treatment, which patients can find displeasing in appearance. Your dentist may recommend a dental crown or whitening procedures in order to prevent this from happening, but is available to discuss the restoration of the aesthetics of your tooth at any stage. Maintain your 6 monthly dental check-ups and cleanings to maximise the success and lifespan of not only your root canal treated tooth, but your overall oral health.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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