LUSSO DENTAL

Root Canal Treatment

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

ROOT CANAL TREATMENT

Your care guide

Root canal treatment removes infected or inflamed tissue from inside a tooth, cleans the canals and seals them, so the tooth can often be kept rather than taken out.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about any changes to your health or medicines, including blood thinners and bisphosphonates.
- Eat a normal meal beforehand, as you may be numb for a few hours afterwards.
- If you are in pain, take paracetamol or ibuprofen per pack instructions if they are suitable for you.
- Allow 60 to 90 minutes for each appointment.
- If you are anxious, let us know. We can talk about breaks, signals and sedation options.
- If you were given antibiotics elsewhere, bring details with you.

On the day

- We will check your medical history and answer any questions before we start.
- Your tooth will be numbed and a rubber dam placed. You can breathe normally through your nose and mouth.
- Raise your hand at any time if you need a break.
- Before you leave, we will tell you what we have done and when your next visit is.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First few hours	Your lip and tongue may be numb. Avoid hot drinks and chewing until the feeling returns.
First 2 to 3 days	The tooth may be tender to bite on. Take paracetamol or ibuprofen per pack instructions if suitable.
Between visits	A temporary filling is in place. Chew on the other side and avoid sticky or hard foods.
After the final visit	Tenderness should ease within a week. Book your crown or onlay promptly if one is recommended.
Around 1 year	We review the tooth with X-rays to check healing.

Please do

- Keep brushing and cleaning between your teeth, including the treated tooth.
- Chew on the other side until the tooth is fully restored.
- Take simple painkillers per pack instructions if needed.
- Attend for your crown or onlay as advised.
- Keep your review appointment.

Please avoid

- Do not bite on hard foods such as nuts or ice with the treated tooth before it is crowned.
- Do not eat or drink hot things while you are numb.
- Do not delay the final restoration, as a temporary filling can leak.
- Do not ignore swelling or worsening pain.

WARNING SIGNS

When to contact us

- Contact us if pain is getting worse after 2 to 3 days rather than better.
- Contact us if your temporary filling comes out or the tooth breaks.
- Contact us if you notice swelling of the gum or face.
- If swelling affects your breathing, swallowing or eye, or you feel very unwell with a high temperature, call 999 or go to A&E. Out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER

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01932 507650	07835 798 611	hello@lusso.dental

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