

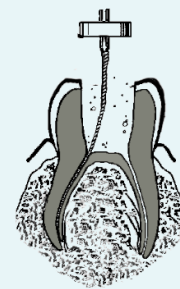


Root canal treatment: information and instructions

Please read the information below carefully and follow our advice, so that healing is as quick and successful as possible.

WHY IS IT NECESSARY?

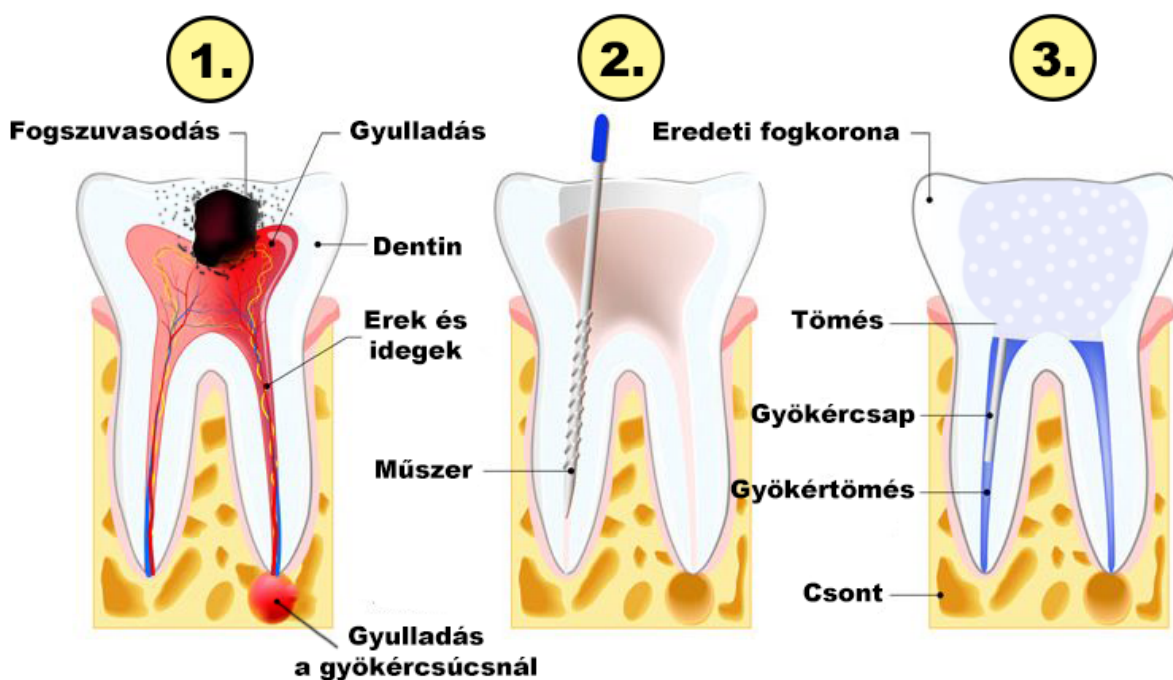
Root canal treatment became necessary so that **we can save the tooth** and it does not have to be removed. It is a **treatment requiring several visits**: we remove the damaged parts of the tooth, then rebuild it after the healing period. If there are no major problems, **you will need to come back to us at least 2 more times** to complete the treatment successfully.



THE TREATMENT PROCESS – NORMALLY 3 VISITS

- 1 At the first visit** we remove the parts loosened by decay, then open and clean the inside of the tooth and the root canals. The canals are then closed with a **medicated root filling**, and the tooth is covered with a **temporary filling** that sets in the mouth.
- 2 At the second visit** we clean and rinse the tooth again. The medicated root filling is removed and a **permanent root filling** is placed in the tooth. As at the first visit, the tooth is closed with a temporary filling.
- 3 At the third visit** the tooth is closed with a permanent, tooth-coloured **final filling**.*

* On request, as a longer-term solution, a root canal post is placed in the tooth, and at a fourth visit the tooth is restored with a crown or inlay made by a dental technician.



The phases of root canal treatment: 1. decay and inflammation · 2. cleaning of the root canals · 3. root filling and rebuilding of the tooth

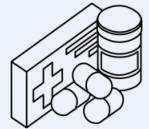


- If possible, **do not eat for at least 1.5 hours**.
- **Be careful if you received an anaesthetic injection:** its effect lasts about **2–2.5 hours**, during which you may bite your lip or tongue, or swallow the wrong way. If you have bitten your lip: apply ice, and rinse gently for 3–4 days with a *chlorhexidine* mouthwash (*Corsodyl*, *Curasept*).
- The **white temporary filling** placed in the tooth is a putty-like material that sets with the moisture of saliva in **about 1.5 hours** – during this time do not suck on or poke the tooth. Small pieces may break off the filling; this is completely normal.
- **Pay close attention to oral hygiene:** be sure to clean the tooth from the very first evening.



- Take the **antibiotic** (*Augmentin*, *Aktil*, *Aksolin*, *Amokil*, *Curam*, *Dalacin*, *Klion*) in the prescribed amount, **until the pack is finished**.
- Take the **painkiller** (*Apranax*, *Dolgit*, *Cataflam*, *Flector powder*, *Xilox powder*) only if needed, **at most 3 times a day**.

If you did not receive a prescription and are in severe pain: **Cataflam Dolo** or **Apranax Dolo** are available over the counter at the pharmacy – take at most 3 times a day when in pain.



- **Protect the treated side:** avoid heavy chewing; with incisors and canines do not bite too hard – eat **soft foods** instead, cut into small pieces with a knife and fork.
- Avoid **seedy, chewy, sticky foods** (e.g. caramel, gummy sweets, chewing gum) – they can stick to the tooth and dislodge the temporary filling.
- Even with the greatest care, the temporary filling **may wear and crumble** – no need to worry, this is normal. The most important thing is that **treatment continues within 2 months of the first visit**.
- Any **facial swelling** that may have preceded the treatment should, in a favourable case, decrease significantly after 3 days and then disappear.
- Rinsing with a **chlorhexidine mouthwash** (*Corsodyl*, *Curasept*, *Eludril*) is recommended once a day, **for at most 2 weeks**, to maintain good oral hygiene.



- For **2–3 days after the treatment**, **mild pressure and sensitivity are completely normal** – a painkiller may be taken if needed.
- If the tooth still hurts with constant, unrelenting, **throbbing pain beyond the 3rd day** after the treatment, contact our practice so we can help with a further treatment.

Once started, root canal treatment must always be completed! The first visit is only the initial step, with a medicated dressing – if the treatment is not continued, the tooth will cause problems again and will have to be removed.

Dental practice of Dr. Zoltán Dul

Office hours: Monday, Wednesday: afternoon (14:00 – 18:00)
Tuesday, Thursday: morning (08:00 – 12:00)
Friday: morning (odd weeks), afternoon (even weeks)
Phone: **+36 (94) 900 – 892**

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Failure to follow these instructions may lead to pain, inflammation and, ultimately, the loss of the tooth!
Please always follow the advice above to support a speedy recovery!