



MODRI ZOB

POST-ENDODONTIC TREATMENT INSTRUCTIONS

At our Modri zob clinics, located at Ukmarjeva St. 6, 1000 Ljubljana, you have undergone root canal treatment, which is typically performed to alleviate tooth pain. This pain is often caused by inflammation of the tooth's nerve, usually due to deep decay. In many cases, the treatment is performed on so-called dead teeth, where the nerve has already died, leading to bacterial infection. These teeth require endodontic treatment to prevent future problems and extend their lifespan.

After the procedure, avoid eating for at least **one hour**, as the tooth is sealed with a temporary filling (cement) that is still setting. The effect of the local anesthetic will also wear off within 2-3 hours, so exercise caution while chewing to avoid accidentally biting your tongue or cheek.

Due to damage to the surrounding tissues, **tooth sensitivity** may be present for about 2-3 days after the procedure. You can alleviate the pain with over-the-counter pain relievers (npr. Lekadol, Nalgesin).

If **severe pain** occurs that is not relieved by pain medication, or if the temporary filling falls out, please contact us for an urgent appointment.

Swelling may be present for 2-3 days and should gradually decrease. If the swelling significantly increases or spreads to the neck or throat area, making swallowing or breathing difficult, contact us or visit our clinic immediately.

Swelling often occurs in teeth with chronic conditions that may not have caused issues before, as the procedure **can trigger an inflammatory reaction**.

The success of endodontic treatment (primary or retreatment) depends on several factors. Nevertheless, the success rate is **up to 90%** for inflamed/necrotic pulp and **up to 80%** for advanced inflammation. Retreatment generally has a **10% lower** success rate than primary endodontic treatment.

In our clinics, treatments are performed under a microscope, which further improves the likelihood of success. In many cases, the alternative to endodontic treatment is tooth extraction. Properly treated endodontic teeth can last as long as untreated teeth.



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