

Post Op Instructions – After Root Canal Therapy

- Root canal therapy often takes two appointments to complete, the first appointment being your “Open and Drain Appointment” to get the process started.
- A temporary filling is placed to protect the tooth between appointments.
- After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment.
- Avoid any chewing until the numbness has completely worn off.
- Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off.
- It’s normal to experience some discomfort for several days after a root canal appointment, especially when chewing.
- To control discomfort, take pain medication as recommended. To further reduce pain and swelling, rinse three times a day with warm salt water (a tsp of salt in a cup of warm water, rinse-swish-spit).
- If antibiotics are prescribed, continue to take them as prescribed, even if all symptoms and signs of infection are gone.
- To protect the tooth and help keep your temporary in place, avoid eating all sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth.
- It’s important to continue to brush and floss normally.
- Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future.
- If your bite feels uneven, if you have persistent swelling or pain, or if you have any other questions or concerns, please call our practice on 03-93791893.