

Post Root canal treatment Instructions

Post Root canal therapy can take 1-2 appointments to complete.

1. Do not eat till the numbness goes away.

After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off. You can take liquids like juices or shakes that do not need to be chewed.

2. You are advised to take a pain killer before the effect of anaesthetic wears off.

3. A temporary filling or crown is placed to protect the tooth between appointments. Between appointments, it's common (and not a problem) for a small portion of your temporary filling or crown to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, please call our office so it can be replaced.

4. It is very normal to experience some discomfort for a few days after a root canal therapy appointment, especially while chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. This should subside within a few days (or even weeks). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm.

5. To control discomfort, take pain medication as recommended. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

6. To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit. **It's important to continue to do brushing and flossing.**

7. 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. Unless otherwise noted by the dentist, **it is critical to have a crown placed on your root canal therapy treated tooth as soon as possible. Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of the tooth.**

We wish you a speedy recovery and happy healing.