



POST-OP INSTRUCTIONS

ROOT CANALS

After completion of root canal therapy, it is important to follow these instructions to promote comfort and successful healing.

TEMPORARY FILLING/CAP

If a temporary filling or cap was placed in between root canal appointments:

- Do not eat or chew for 30 min to allow restoration cement to set
- Do not eat sticky or hard foods
- Be cautious with flossing – snap floss through contact and pull through – no up and down motion as it may dislodge temporary
- It is ok if the temporary does break a little bit, but if the entire restoration falls out, please contact our office

ANESTHESIA

Depending on the anesthetic used, the feeling of numbness will wear off anywhere from 30 min up to 4 hours. Until then, avoid hot foods or liquids and be cautious of chewing. This is to prevent accidentally burning or biting of the lips, cheeks, inside of your mouth or tongue.

SORENESS

Because we expect your tooth to be sore to chewing and biting pressure – you should minimize very hard or chewy foods on side of root canal. This should gradually decrease over the next week or two following treatment.

MEDICATION

If pain medications, antibiotics or a special mouthwash were prescribed, please follow instructions provided carefully. Pain medication should be started before anesthesia wears off to minimize discomfort. Most root canal therapy will only require over-the-counter pain medication like Ibuprofen, your dentist will advise dosage based upon your specific needs.

PROTECTING ROOT CANAL

- Typically, a final restoration is needed to protect the root canal such as a crown. This should be placed within a short time interval after root canal therapy is completed unless advised otherwise.

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- A reaction to the prescribed medication
- Increasing tenderness or swelling in the area surrounding the tooth. (It is normal to be in some pain 2-3 days following root canal therapy and there may be tenderness from chewing for 2-3 weeks).
- The temporary cap/filling dislodges from the tooth
- Bite feels off