



## Post-Operative Instructions (Root Canal)

### What happens at a root canal appointment?

Root canal therapy often takes two or more appointments to complete. A temporary filling or crown is placed to protect the tooth between appointments.

### What should I expect?

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.

### What are my post OP instructions?

Discomfort or soreness in the area is normal for a few days (or even a week) and range from mild to severe. The gums may be sore and the tooth is often tender to biting or chewing. Over the counter analgesics such should relieve most of the discomfort. Rinsing with warm salt water (1 teaspoon of salt per glass of warm water) will help. Discomfort in the area in no way affects the successful outcome of treatment. If antibiotics are prescribed, continue to take them as prescribed, even if all symptoms and signs of infection are gone.

### What should I look out for?

A temporary dressing has been placed in the entry made into your tooth. It is normal for a thin layer of the temporary dressing to be chewed away between appointments. An unusual taste can be expected. Should all of the temporary filling come out, please call our office. It's important that your temporary filling stays intact until the placement of a permanent restoration.

## Are there any food restrictions?

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.

## When should I call?

If your bite feels uneven, if you have persistent swelling or pain, or if you have any other questions or concerns, please call our office.

Orofacial Professionals

0321 829978