

Root Canal Therapy

Post-operative instructions following root-canal therapy

Immediately after Therapy

- Be careful while you are still numb. It can be easy to bite your lip, cheek or tongue.
- **Do not eat or drink anything for 30 minutes.** If a temporary filling was placed it takes about half an hour to harden.

Temporary Fillings

- If a temporary filling was placed you need to have a permanent restoration (filling or crown) placed within 1 month of the root canal being finished. If this is not done, the tooth may fracture or develop a cavity underneath the temporary filling which may cause the root canal to fail.
- **Do not bite down on anything hard (ice, popcorn, nuts, etc.) until the final restoration is complete.** Following a root canal the tooth becomes brittle due to lack of blood supply and is more prone to fracture.
- If a temporary restoration was placed it is normal to feel a “divot” in that area. If the temporary filling falls out completely please contact our office to have it replaced.

Sensitivity & Discomfort

It is normal to experience mild to moderate discomfort following a root canal. This pain should subside in 2-3 days following treatment. We recommend 600mg of Ibuprofen every 6 hours for the next 48 hours or 1000mg of Tylenol every 6-8 hours for the next 2 days. If your pain is still not controlled please call our office and we will ensure you're comfortable.

Continued Care

- You may continue with regular brushing and flossing as normal.
- Please call our office if you have visible swelling either inside or outside your mouth, return of your original symptoms or if your bite feels uneven.
- Antibiotic therapy is usually not needed following a root canal. Your doctor will decide what is appropriate for you. If an antibiotic is needed, please take them as instructed until gone.
- We will take a follow up x-ray in one year following the root canal to be sure the tooth has healed completely.