



Root Canal Post Op Instructions

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

A temporary filling or crown is placed by your dentist to protect the tooth between appointments. It is 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.

To protect the tooth and help keep your temporary in place:

- Avoid chewing sticky foods (especially gum)
- Avoid biting hard foods and hard substances, such as ice, fingernails, or pencils
- If possible, chew only on the opposite side of your mouth

Immediately after Root Canal Therapy your tooth can be uncomfortable or even exhibit a dull ache. 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/week after. To control discomfort, we recommend taking over the counter pain medication.

- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve, Anaprox)

Should you experience discomfort or swelling that cannot be controlled with pain medications, please call our office.

The final 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.