



## POST-OP INSTRUCTIONS FOLLOWING ROOT CANAL TREATMENT



We used a local anesthetic to thoroughly numb the area being treated. This numbness in your lips, teeth and tongue might last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off.

Root canal treatment often takes 1 - 2 appointments to complete. A temporary filling is placed to protect the tooth in between appointments. It is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, call us so that it can be replaced. To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew on the opposite side of the mouth. It is important to brush and floss normally.

It is normal to experience some discomfort for several days after an appointment, especially when chewing. To control discomfort, take pain medication as needed. To further reduce pain and swelling (if any), rinse with warm salt water (a tsp of salt in a cup of warm water, rinse-swish-spit).

If antibiotics are prescribed, continue to take them as prescribed even if all the symptoms and signs of infection is gone.

