

## INSTRUCTIONS FOLLOWING ROOT CANAL TREATMENT

### **Numbness**

Numbness may last 2 to 4 hours. Please avoid chewing anything or drinking hot or cold liquids until your numbness has subsided.

### **Chewing**

Do not chew on the treated tooth **AT ALL** until the final restoration has been placed on your root canal treated tooth.

### **Temporary Filling/Crown**

The temporary filling will set in approximately one hour. Please be careful not to disturb the setting of the temporary filling. As your tooth has had root canal treatment, you may not feel any discomfort if the temporary filling falls out. However do not leave the filling out of your mouth. This can lead to complications with your permanent crown and could also result in a contaminated root canal. Please contact our office if the temporary filling comes out.

### **Discomfort**

Please expect discomfort following your treatment. Use medications as directed, or your favorite brand of pain reliever if needed. Ibuprofen (Advil/Motrin) works best for dental pain. Ibuprofen also helps reduce inflammation and is usually recommended for healing even if there is no pain. If you have been instructed not to take Ibuprofen (Advil/Motrin) or have an allergy, Tylenol would be our next recommendation.

**For gums:** Rinse the area a couple times daily with warm salt water (1/2 teaspoon in 1 cup). Continue to brush and floss the treated area gently. A clean mouth will heal faster.

**For muscles:** During the first day, use an ice pack every 20 minutes on the outer cheek area if possible. During the following day and onwards, alternating hot and cold packs generally help loosen any muscle tension. Avoid eating any hard foods such as raw vegetables and nuts.

Please avoid applying unnecessary pressure or touch to the tooth with the tongue, finger or any object. This can cause prolonged sensitivity on the treated tooth.

### **Swelling**

Occasionally, mild swelling or bruising can occur following treatment. These effects will likely occur in the anesthetic location. Please contact our office if you experience excessive swelling.

### **Finalizing Treatment**

Root canal therapy brings your tooth closer to completion, but it is not finished yet. Your tooth still needs a final restoration such as a crown or filling. This final restoration will protect your tooth from breakage and from contamination. This restoration will be done by your general dentist. If the final restoration is delayed, the tooth may break or become contaminated, requiring additional treatment.