



Post Operative Instructions for Root Canals

You have just gotten a root canal. Here are some things to remember and what you may experience in the upcoming days and weeks.

- Remember that may still be “numb”. Please remember **not** to bite your cheek or tongue.
- You may experience some soreness or pain especially when biting. Why if the nerve has been removed? The tissue below the root can be irritated when removing the nerve and cleaning the root. Do not be alarmed because this is common. Ibuprofen (Advil) should relieve this situation. If you have an allergy or medical condition that prevents you from taking ibuprofen then take Tylenol. Please follow dosage recommendation on the product label.
- If you experience extreme discomfort or swelling the please call the office.
- After the anesthetic wears off you may notice that your **bite is off**. It can be hard for you to judge if you are biting your teeth together correctly when you are numb. If your bite doesn't feel right **please call** so your bite can be adjusted.
- Please **avoid biting** on the root canalled tooth until you have a **permanent restoration placed**. Why? You may break the tooth and then require crown lengthening or at worst an extraction.
- In most cases a crown with a post is required. Due to leakage of the temporary filling you should ideally restore the tooth as soon as possible. Bacteria from your mouth can easily re-infect you root canal.
- You may be given pain medication or antibiotics. Please take as directed. **Women please note:** some antibiotics may interfere with the effectiveness of your birth control pills. Please check with your pharmacist.

What happens if I have questions?

- Please call us at **303-988-6860** or come in during office hours.

What happens if I have problems with my root canal?

- Please call us at **303-988-6860** to make an appointment.