

Root Canal

You are receiving these instructions because you have just had root canal therapy. Your root canal is either complete, or there is medication in your tooth that requires you to return to the clinic to have your root canal completed. Below, you'll find a few tips and instructions on what to do after you get home from the office. After reading everything, if you still have any questions, be sure to contact us right away.

- Local Anesthesia
 - Every patient becomes unnumb at different rates. Most patients will feel numb approximately two hours following the appointment. Avoid chewing on your tongue, lip, or cheek to prevent injury to these areas.
 - Avoid chewing or drinking hot beverages until the numbness wears off.
- Discomfort
 - It is normal to experience some discomfort following a root canal procedure. Expect your tooth to be sensitive to chewing and biting pressure for 7-10 days.
 - Inflammation from the procedure develops within the first 24-48 hours therefore, if able, please follow one of the OTC medication regimens below **even in the absence of pain** for the **first 3-4 days** after treatment:
 - Take 3 tablets (600 mg total) of Ibuprofen and 1 tablet (500mg) of Acetaminophen TOGETHER every 6 hours. **Do not exceed 3200mg of Ibuprofen or 4000mg of Tylenol in a 24hr period.**
 - **Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.**
- Temporary Filling
 - If your root canal procedure is being completed over the course of two appointments and a temporary filling was placed, avoid eating any hard or sticky foods and try to chew on the other side of your mouth until permanent restoration is placed.
 - It is common for a small part of the temporary filling to wear away or break off.
 - If the entire filling falls out, please call our office for advisement or an appointment
- Final Restoration
 - Within **three** months after the root canal is completed, you will need to have a final restoration placed to protect the tooth from fracture or needing to have the procedure repeated.
- Other tips
 - Call our office immediately if you develop any of the following.
 - Severe pain not managed adequately by the regimen recommended.
 - An allergic reaction to any medication taken, including rash, itching, and hives.
 - Nausea from the prescribed medications.
 - Swelling inside or outside of your mouth.
 - A return of your original symptoms.
 - A lost temporary filling.