

## Post-Op Instructions: *Root Canal Therapy*

Your dentist provided root canal therapy today. Here are some instructions to help you maximize your comfort over the next few days.

**Your temporary filling** will need time to cure. Please wait at least 30 minutes to eat and avoid hard or sticky foods for the remainder of the day. It is not uncommon for this type of filling to wear down, however if it completely falls out please give us a call.

**The use of dental anesthetics** means that you may be numb for a few hours after the procedure. Although your filling may be ready for normal function, we recommend that you avoid chewing until feeling has returned to avoid biting you cheeks, lips and/or tongue. If you must eat, try soft foods and chew on the opposite side if possible.

**After root canal therapy you may experience soreness.** Although your nerve has been removed, the tooth's root is surrounded by live, sensitive tissues. Please see pain control below.

- Unfortunately, during the procedure you were asked to remain open for a long period of time. TMJ discomfort is common after the procedure. Use a warm compress as needed. See pain control below.

**Your gums may be irritated** during the procedure. This can be mildly uncomfortable for about 48-72 hours. We recommend warm salt water rinses (1/2 glass of water with 1/2 teaspoon of salt) several times daily for a few days. See pain control below.

**Pain Control** after the procedure is often necessary. In most cases we recommend 600mg of ibuprofen (Advil or Motrin) as soon as possible and then every 6 hours as needed. Do not exceed 2400mg in 24 hours. If you cannot take NSAIDs, 650mg of acetaminophen (Tylenol) may be taken every 4-6 hours. Do not exceed 3000mg in 24 hours. Your provider may have prescribed a drug. If so, follow the prescription.

**If an antibiotic was prescribed** it is important that you finish the prescription, even if your symptoms are relieved.

**Home Care:** Please continue normal home care. As always, we recommend brushing twice daily with a soft brush and daily flossing.

**When to call us:** Discomfort and swelling are normal for the first several days. You should call us immediately if:

- Pain or swelling worsens or strongly persists after the first 48-72 hours
- You note a poor taste or odor
- Your filling breaks or falls out
- You have a reaction of any kind to medications we have instructed you to take

If you have any questions about this information, please ask your provider.