

Root Canal Therapy

Post-Operative Instructions

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- Root canal therapy often takes multiple appointments to complete. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off.
 - A temporary filling or crown is placed by your dentist to protect the tooth between appointments. Between appointments, it is common (and not a problem) for a small portion of your temporary crown comes off, please call our office so it can be replaced.
 - To protect the tooth and help keep your temporary in place, avoid chewing sticky foods (especially gum). Avoid biting hard foods and hard substances, such as ice, fingernails and pencils, if possible, chew only on the opposite side of your mouth.
 - It is normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving a root canal therapy. This should subside within a few days (or even weeks). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm.
 - If you notice swelling and/or have persistent pain that cannot be treated with over-the-counter analgesic medication, please contact us as soon as possible.
 - After the procedure, take Aspirin[®], acetaminophen (Tylenol[®]), or ibuprofen (Advil[®]) on an as-needed basis. Confirm with your family doctor if you have any medical conditions that preclude certain analgesics.
 - To further reduce pain and swelling, rinse three times a day with warm salt water, dissolve a teaspoon of salt in a cup of warm water, then rinse, swish and spit. It is important to continue to brush and floss normally.
 - Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. It is critical to have a crown placed on your root canal treated tooth as soon as possible.
 - If you have any questions or concerns, please contact us at www.publish.uwo.ca/~kzhou54 or call 519-661-3326 Ext. 89380
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