



POST-OP INSTRUCTIONS AFTER ROOT CANAL TREATMENT

Root Canal therapy can take 2 or 3 appointments to complete. After your visit an anesthetic that was used can cause your lips, teeth and tongue to be numb up to several hours. Avoid chewing on the side of your mouth where the tooth was treated until the numbness completely wears off.

A temporary filling or crown is placed to protect the tooth between appointments. To protect the tooth and help keep the temporary in place:

- Avoid chewing sticky foods (especially chewing gum)
- Avoid biting hard foods and substances, such as ice, fingernails and pencils
- If possible, chew only on the opposite side of your mouth.

It's normal to experience some discomfort for several days after a root canal appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving 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.

To control discomfort, take pain medication as recommended by your dentist. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

If you were not prescribed a pain medication by us but are experiencing pain after your appointment, we recommend taking over the counter pain medication. We recommend Ibuprofen (Motrin, Advil, Nuprin) or Naproxen (Aleve, Anaprox).

To further reduce pain and swelling, rinse three times a day with warm saltwater; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish and spit. It's important to brush and floss normally.

The last step after root canal is the placement of a restoration on the tooth usually a crown. A crown covers and protects the tooth from breaking in the

future. Unless otherwise indicated by your dentist, it is critical to have a crown placed on your root canal therapy treated tooth as soon as possible.

DELAY IN OBTAINING A FINAL RESTORATION MAY RESULT IN FRACTURE AND/OR LOSS OF THE TOOTH.

Should you develop swelling, or experience discomfort that cannot be controlled with pain medication, please contact Dr. Joshua Weiler:

drweiler@thehamptonsdentist.com

office: (631) 998-3980

emergency: (516) 316-4324