



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

You made a great decision investing in your health! It is important to follow these recommendations to ensure healing following your root canal therapy (RCT). A RCT may be done in one visit or multiple visits. A second visit is usually needed for more complex RCT. If you are advised to make another appointment, your RCT has not been completed. It is important for you to return to complete the treatment.

### **Caring for a Temporary Restoration**

- If we placed a temporary filling or crown on your tooth, avoid chewing for at least one-half hour to allow the restoration to harden.
- To keep your temporary restoration in place, avoid eating hard or sticky foods, and refrain from chewing gum. If possible, chew on the opposite side of your mouth.
- Please call our office if the temporary filling or crown comes off.

### **Chewing and Eating**

- If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely. Your lips, teeth, and tongue may be numb for several hours.

### **Brushing and Flossing**

- You may brush and floss as normal.

### **Medications and Discomfort**

- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- To control discomfort, take pain medication before the anesthetic has worn off or as recommended.
- It is normal to experience some discomfort for several days after your root canal appointment, especially when chewing. To further reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about a teaspoon of salt per glass of warm water.

### **When to Call Us**

- If your bite feels uneven.
- If you have sensitivity or discomfort that increases or continues beyond three days.
- If your temporary filling or temporary crown comes off or breaks.
- If you have any questions or concerns.