



## ROOT CANAL TREATMENT

Now that you've had root canal treatment, it's important to follow these recommendations to ensure its success.

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.

Brush and floss normally.

If antibiotics are 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's normal to experience some discomfort for several days after the treatment, especially when chewing.

To further reduce discomfort or swelling, rinse your mouth 3 times a day with warm salt water. Use 1 teaspoon of salt per glass of warm water.

If we placed a temporary restoration on your tooth, avoid chewing for at least one half hour to allow the restoration to harden.

To keep your temporary in place, avoid chewing hard or sticky foods, especially chewing gum. If possible chew on the opposite side of your mouth.

It's not a problem for a small portion of the temporary filling to wear away or brush off, but if the entire filling wears out, or if a temporary crown comes off, call us so that it can be replaced.

Call our office if your bite feels uneven, you have sensitive teeth, or discomfort that increases or continues beyond a week, or if you have any questions or concerns.