

## Root Canal Post-Op Instructions

Root canal therapy can often be completed in a single appointment, but in many cases, it can require two or more. After these appointments, your lips and tongue will likely be numb for several hours due to the anesthetic. To ensure that you don't injure these soft tissues, avoid chewing on the numb side of your mouth until the feeling has returned.

Immediately after your root canal, Dr. Farian will place a temporary filling or crown on the tooth. It's quite normal that a small portion of this temporary restoration will wear off or even break away. However, if the entire restoration *falls out*, be sure to contact our office so we can replace it as soon as possible.

### **To help maintain your temporary restoration:**

- Do not chew sticky foods (such as gum)
- Do not bite hard items like ice, pencils, pens, fingernails, etc.
- If possible, try not to chew with the restoration at all

Right after root canal therapy, most patients will experience some level of discomfort in the treated tooth for the next several days, particularly when chewing. This should only feel like a dull ache and not a shooting pain. Thankfully, this should go away after a week or so. This may be true even if the treated tooth exhibited no pain *before* root canal therapy. This should not cause any alarm unless the pain seems to be getting worse and cannot be managed with an OTC medication.

You should take any medication, whether from the store or prescribed, according to Dr. Farian's instructions. If you are given antibiotics, be sure to take them exactly according to the instructions on the bottle until they are gone.

OTC medications we would suggest include ibuprofen (Motrin, Advil, Nuprin) and naproxen (Aleve, Anaprox). If these medications do not help with your pain, or should you develop swelling, be sure to call our office as soon as you can.

Another method you can use to help with pain is rinse your mouth with warm saltwater at least 3 times a day. You should still brush and floss normally in addition to this.

After your root canal treatment, Dr. Farian will want to place a permanent restoration on your tooth to keep it protected. You should schedule to have this done as soon as possible after your initial procedure. To wait any longer could allow the tooth to become damaged/re-infected.

If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, be sure to contact Farian Dental Care.