

ROOT CANAL

- Before the numbness wears off, it is recommended to take an analgesic for comfort.
- Do not eat anything until the anesthetic wears off, as you may bite your lips, cheeks, and tongue.
- Discomfort or soreness in the area is normal for a few days (or even weeks) and may range from mild to severe. This is expected because of existing tooth infection and inflammation of the gum and tooth ligaments as well as the manipulation of the tooth during treatment. Discomfort in the treated area does not affect the successful outcome of your treatment.
- You may experience soreness of gums and tenderness of teeth. **Ibuprofen** or **Acetaminophens** should relieve most of the discomfort. Please make sure you are not allergic to any of those medications.
- To help relieve soreness, you may rinse your mouth with warm salt water (1tsp. salt and 1 cup warm water) 3 times per day for 30 to 60 seconds.
- If applicable, take prescription pain medication.
- In the unlikely event that swelling, fever, or severe pain should occur, please call our office immediately.
- Whenever possible, try to chew on the opposite side from the treated tooth until you have a crown placed. Until that time, your tooth is still weak and could fracture.
- Please do not chew or attempt to eat on the opposite side of your mouth that has been worked on while this area is still numb.
- DO NOT EAT ANYTHING CRUNCHY OR STICKY (GRANOLAS, NUTS, ICE, CHIPS, TOOTSIE ROLLS, GUMMY BEARS, ETC).
- To protect the tooth and help keep your temporary in place: Avoid chewing sticky foods (especially gum). Avoiding biting hard food and hard substances, such as ice, fingernails, and pencils. If possible, chew on the opposite side of your mouth.
- If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our dental office.

Temporary Filling (If temporary was placed):

- It is important that your temporary fillings stay in place until the placement of a permanent restoration.
- It is normal for a thin layer of the temporary filling to be chewed away between appointments. It is normal to experience an unusual taste.
- In the case that all temporary fillings come out, please call our office.

Final Restorations:

- IF AN APPOINTMENT TO PLACE A FINAL RESTORATION HAS NOT BEEN MADE, PLEASE CALL THE OFFICE TO SCHEDULE THIS APPOINTMENT IMMEDIATELY.
- **A delay in obtaining a final restoration can result in possible fracture and/or loss of tooth or require a retreatment or a root canal.**