



Post-Operative Instructions following a Root Canal Procedure

Root canal therapy commonly takes two or more appointments to complete. A temporary filling or crown is placed to protect the tooth between appointments, but you should take the following precautions to protect your tooth and ease any discomfort:

- ◆ **Numbness:** If anesthetic is used, your lips, teeth and tongue may be numb for several hours after appointments. Avoid chewing until the numbness has fully worn off.
- ◆ **Temporary fillings and crowns:** A temporary filling or crown is used to protect a tooth that has had a root canal until a permanent restoration can be placed. It is not unusual for a temporary filling to wear away or chip slightly between appointments. If the entire filling falls out, or if a temporary crown comes off, please give us a call to make an appointment to have it replaced.
- ◆ **Medications:** It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. To alleviate discomfort, take pain medication as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all signs of infection are gone.
- ◆ **Routine Care and Precautionary Measures:** To further reduce pain and swelling, rinse 2-3 times a day with warm salt water (1 tsp. of salt to 1 cup of water).
 - ◆ To protect the tooth and help keep your temporary filling or crown in place, avoid eating sticky or hard foods (especially gum) and if possible, chew only on the opposite side of your mouth.
 - ◆ It is important to continue to brush normally, but floss very carefully. To prevent removal of the crown, remove the floss by pulling it through the teeth, not up or down in the space between the teeth.
- ◆ **Please do not hesitate to call our office if your bite feels uneven, if you have persistent swelling or pain, or if you have any other questions.**

Your Comfort is Our Number One Concern

Fernandez & Sigman General Dentistry
3408 University Ave., Unit E ♦ Columbus, Ga 31904
Phone (706) 323-2775 Fax (706) 596-9103
www.fernandezandsigman.com