

SMILEORA DENTAL CARE
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POST OPERATIVE INSTRUCTIONS FOR ROOT CANAL

- ❖ Root canal therapy often takes two or more appointments to complete. A temporary filling or crown is placed to protect the tooth between appointments. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. It is possible to experience any of the following symptoms after any one of these appointments: sensitivity to hot and/or cold; sensitivity to pressure; possible swelling.
- ❖ It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. To control discomfort, take pain medication as recommended. To further reduce pain and swelling, rinse three times a day with warm salt water (a tsp. of salt in a cup of warm water, rinse-swish-spit).
- ❖ Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, call us so that it can be replaced.
- ❖ If antibiotics are prescribed, continue to take them as prescribed, even if all symptoms and signs of infection are gone. To protect the tooth and help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. It is important to continue to brush and floss normally.
- ❖ Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. If your bite feels uneven, if you have persistent swelling or pain, or you have any other questions or concerns, please call our office. After hours please call 860-265-7890, Option 3