



480 Adams St. Suite 104 • Milton, MA 02186 • tel. 617-698-0600 • fax. 617-696-3589
www.dental1boston.com • info@dental1boston.com

Root Canal Post-Op Instructions

Root canal therapy sometimes 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 after the appointment. Avoid any chewing until the numbness has completely worn off.

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 re cemented.

It's normal to experience some discomfort for several days after root canal appointment, especially when chewing. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications. Some swelling may also occur. This is normal. If pain is extensive, please call the office for further instructions.

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). If antibiotics are prescribed, continue to take them as instructed, 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 until your permanent restoration is placed. It's important to continue to brush and floss normally.

Following the completion of the root canal, a permanent restoration is needed for the tooth. Because all the blood vessels are removed from the tooth, it will become brittle and more susceptible to fracture. The restoration recommended will be dependent on the location of the tooth. This permanent restoration is used to avoid future tooth fractures.

If you have persistent swelling or pain, or you have any other questions or concerns, please call our office.