

ROOT CANAL POST-OPERATIVE CARE INSTRUCTIONS

- Although some of the root canal procedures we perform are completed in 1 appointment, root canal therapy may take more than 1 appointment to complete.
- Since anaesthetic has been used, parts of your mouth may be numb for several hours after the appointment. Avoid chewing and hot beverages until the numbness has worn off.
- Between appointments, a temporary filling is placed to protect the tooth. 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, please call the practice and set up a time to come in and have it replaced.
- It is normal to experience some discomfort for several days after a root canal procedure. If antibiotics are prescribed, continue to take them as directed, even if all signs and symptoms of infection are gone. Taking ibuprofen before the numbness wears off can greatly reduce post-operative pain.
- To protect the tooth and keep the temporary filling in place, avoid eating hard or sticky food (such as gum), and try to chew on the other side of your mouth.
- Continue to brush and floss normally. Usually, the last step in a root canal is the placement of a crown or permanent filling in the tooth. A crown will protect the tooth from breaking in the future.

- If you have signs of swelling or increasing pain, or if you have any further questions or concerns, please contact the practice.
- If you wear a bite guard, please continue to do so and we would advise in the first few days to wear as often as possible.

For any emergencies please call Emma on 07595 541235