



Root Canal Therapy Post-Op Instructions

After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off.

A temporary filling or crown was placed to protect the tooth between appointments.

To protect the tooth and help keep your temporary in place:

- Avoid chewing sticky foods (especially gum).
- Avoid biting hard foods and hard substances.
- If possible, chew only on the opposite side of your mouth.

It is normal to experience some discomfort for several days after a root canal appointment. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. This should subside within a few days (or even weeks). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm.

To control discomfort, take pain medication as recommended by your dentist. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. If you were not prescribed a pain medication by us but are experiencing pain after your appointment, we recommend taking over the counter pain medication. We recommend taking 600-800mg Motrin. Should you experience discomfort that cannot be controlled with pain medications or should swelling develop, please call our office. Office Emergency Line: 443.300.7936

If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our office.