

INSTRUCTIONS FOR HOME CARE

ROOT CANAL THERAPY

We used local anesthetic to thoroughly numb the area being treated. This numbness in your lips, teeth and tongue might last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off.

Caring for your temporary filling.

A temporary filling was placed to in your tooth to protect it until you can have the final restoration completed. It's common for a small portion of a temporary filling to wear away or break off. This usually is not a problem. However, you should take these precautions to ensure that your temporary filling stays securely in place.

- * Avoid chewing gum and eating sticky or hard foods
- * If possible, chew only on the opposite side of your mouth
- * Continue to brush normally
- * Floss carefully each day, pulling the floss out from the side as you floss next to the temporary, lifting the floss out from the top can cause the temporary to become loose or fall out.

What if my tooth hurts?

For the first few days after your root canal therapy, you may have some discomfort or sensitivity in the tooth that was treated, particularly if there was pain and infection prior to the treatment. If antibiotics have been prescribed for the infection, it's important that you take them for the full length of time indicated on the prescription, even if all the signs of infection are gone. To control discomfort, we recommend that you take an over-the-counter pain reliever, following the label directions. To further reduce pain and swelling, you can rinse three times a day with warm salt water. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit.

Please call the office at 665-2962 if you have any questions or you experience any of the following:

- * Your bite feels uneven
- * You have persistent pain