

Instructions following Root Canal Therapy

BE AWARE

1. Pain

Discomfort is expected. The tooth will be most sore when the anesthesia first wears off. Please take pain medications as instructed.

2. Swelling

A Small amount of swelling is normal and is part of the healing.

3. Sore Jaw

Your jaw can be sore due to being open for extended period of time.

PLEASE DO

1. Salt Water Rinses

Gently rinse your mouth daily with salt water (1teaspoon salt in 1cup lukewarm water).

2. Jaw Massage

Sore jaw muscles should be relaxed back with gentle massaging.

3. Take Pain

Medication

Mild pain medication such as ibuprofen (Advil) or acetaminophen (Tylenol) are recommended to be taken. If needed, stronger analgesic may be prescribed.

4. Take Prescribed

Medication

Your doctor may prescribe other medication as needed. Please take your prescription as per instruction.

PLEASE AVOID

1. Hard Foods

The tooth after the root canal therapy is structurally weakened. We recommend a crown to be placed on the tooth in order to prevent possible fracture.

2. Chewing on the side of your mouth where the work was done

Like other parts of your body, your tooth must 'rest' in order to start healing. Avoid chewing on the side for 2-3weeks.

Most patients heal normally and without complications. If you have any questions or concerns, please do not hesitate to contact our office. You matter to us, and we are here for you.