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# POST-OP INSTRUCTIONS AFTER ROOT CANAL THERAPY

- The day of procedure be careful when eating.

  When anesthesia 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. It is recommended that you take 2 tablets (400mg) of ibuprofen before the anesthesia completely wears off (use only if no allergies are present). It is recommended that you take 2 tablets (400mg) of ibuprofen every 4-6 hours the day of the procedure and the day after to minimize any discomfort (use only if no allergies are present). Do not take ibuprofen on an empty stomach. Do not eat sticky, hard, or chewy foods as this may pull the temporary off or break it.

- It is normal to experience some sensitivity after the appointment.
  It is normal to experience some hot, cold, and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse your mouth 3 times a day with a warm salt water to reduce pain and swelling.

- Root Canal Therapy may take more than one appointment to complete.

- Teeth receiving Root Canal Therapy need final restorations like a crown to protect the remaining tooth structure. It is very important not to chew heavily on the tooth until the crown has been placed.

- A temporary restoration is placed to protect the tooth between appointments.
  To protect the tooth and help keep your temporary restoration in place, avoid eating sticking foods, especially gum, hard foods, and 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. Between appointments, it is acceptable for a small portion of your temporary restoration to wear away or break off. If the entire restoration falls out or comes off, call us so that it can be replaced. If you experience any persistent swelling or pain or have questions or concerns, please contact our office.