

## Care Instructions for Root Canal Therapy

### Temporary Restoration Care

- If we placed a temporary filling or crown on your tooth, avoid chewing for at least 30 minutes to allow the restoration to harden.
- To keep the temporary restoration in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth
- It is not a problem for a small portion of a temporary to wear away or break off, but if the entire filling wears out, or if a temporary crown comes off, call us so that it can be replaced.

### Chewing and Cleaning

- Be sure anesthetic has worn off before chewing. This is to prevent you from biting or injuring your lip, cheeks, or tongue.
- Until a permanent restoration is placed, your tooth is more susceptible to fracture. Use great caution when chewing. Avoid hard foods and chew as much as possible on the other side of the mouth.
- Brush and floss normally, but if you have a temporary crown, remove the floss carefully from the side of the tooth rather than pulling it straight out.

### If You Have Discomfort

- If antibiotics were prescribed, continue to take them for the full course, even if symptoms have subsided.
- Take a pain reliever before the anesthetic has worn off or as recommended. If there is any swelling, use an ice bag over the area to minimize inflammation, applying it for 20 minutes on and 20 minutes off.
- If pain medication was prescribed, use it only as directed by Dr. Young or Dr. Payne.
- It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing.
- If your bite feels uneven, if you have sensitivity or discomfort that increases or continues beyond three or four days, if your temporary filling or crown comes off, or if you have questions or concerns, please call our office.