

## **Taking Care of Yourself After a Root Canal**

### **Chewing and Eating**

Avoid chewing anything until the numbness from the anesthetic is worn off. Your lips, teeth and tongue may be numb for several hours.

### **Brushing and Flossing**

We encourage you to brush and floss normally.

### **Medications and Discomfort**

If you were prescribed antibiotics, it is important to take them until they are gone, even if you are feeling better.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It is normal to experience some discomfort for several days after a root canal appointment, especially with chewing.

If you were given a prescription pain medication do not drive while taking the medication.

Warm salt water rinses can help ease discomfort as well

### **When to call us**

Call our office if your bite feels uneven, if you have sensitivity or discomfort that increase or lingers longer than on week, or if you have any questions or concerns.

### **Temporary Filling**

If we placed a temporary filling, please wait at least half an hour before chewing on it to allow the restoration to completely harden.

Avoid chewing on hard or sticky foods while you have a temporary and try to chew on the other side of the mouth.

If you feel that your temporary has broken or fallen out please call our office so we can get you scheduled to get it replaced.