

Root Canal Therapy - Post Operative Care:

Since root canal therapy typically takes at least two appointments to complete, Dr. Yurovsky will place a temporary filling or crown over the site to protect your tooth between appointments.

It is common and not troublesome for small portions of your temporary filling to wear away or break off in between appointments. If the entire filling falls out, or if a temporary crown comes off, call the office to schedule a time to replace it.

Make sure that you avoid chewing if anesthesia has been used to numb your lips, gums and tongue. Injury can result in the hours after the procedure while the anesthetic wears off if you attempt to chew normally.

Pain and discomfort are normal for several days after your root canal, particularly when you chew. Over the counter pain relievers, such as Advil or Tylenol, can help ease your discomfort. Rinsing three times a day with warm salt water will also help lessen pain and swelling. Dissolve one teaspoon of salt in one cup of warm water, then rinse, swish and spit until you have used the whole cup.

Please take your antibiotics as prescribed for the duration indicated, even if no signs or symptoms of an infection exist.

A few tips to protect your tooth and keep your temporary filling or crown in place:

- Avoid sticky foods, especially gum
- Avoid chewing on hard foods and substances, such as ice, fingernails and pens
- Try to chew on the untreated side of your mouth, if possible
- Brush and floss normally

Typically the final step of root canal treatment is the placement of a crown. It will protect your tooth from breaking (please see the post-op instructions for Crowns).

If your bite feels uneven, your pain lasts more than a few days, or you have any other questions regarding your procedure, please call the office to schedule an appointment.