

Root canal therapy often takes multiple appointments to complete. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off.

A temporary filling or crown will be placed by your dentist to protect the tooth between appointments. It is common for a small portion of your temporary filling or crown to wear away or chip off. If the entire filling falls out, or if the temporary crown comes off please contact the office promptly.

To protect the tooth and help keep your temporary intact avoid chewing sticky foods such as gum, taffy, and gummy bears. Chew on the opposite side of your mouth and avoid biting hard foods and hard substances such as ice, fingernails, and pencils. When possible chew on the opposite side of your mouth.

It is normal to experience some discomfort for several days after your appointment, especially while chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving treatment. This should subside within a few days. Tenderness is normal as well.

To control discomfort, take pain medication as recommended. If antibiotics are prescribed, continue to take them for the indicated length of time. Do not save any antibiotics.

If you were not prescribed any pain medication and you are experiencing pain, you can take over-the-counter medications such as Motrin, Advil or Aleve. If your pain does not subside, please contact the office at **202-854-7103**.

To further reduce pain and swelling, rinse three times a day with salt water. Dissolve one teaspoon of salt in warm water, rinse and spit. It is important to floss and brush as usual.

After the root canal is complete a permanent crown will be fitted to your tooth. It is critical to have the crown placed to protect the tooth. **Delay in obtaining a crown may result in a fracture and/or the loss of the tooth.**

If you have any further questions please contact the office 202-854-7104.