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Post Operative Care for Root Canal Therapy

Root canal therapy often takes two or more appointments. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root-canal therapy. This should subside within a few days (or even weeks).

- Your tooth will be sensitive to biting pressure and may even appear to feel loose in some cases.
 - It is normal to experience soreness around the gum area of the tooth that has had a root canal as well as at the injection site.
 - To reduce pain and any swelling, gently rinse three times a day with warm salt water (1 Tablespoon salt in 8 oz of warm water).
 - The Doctor may place a temporary filling material in the site between appointments. It is common for small pieces of this filling material to break away.
 - To protect the tooth and keep the temporary in place avoid: chewing sticky foods (especially gum), hard foods and hard substances, such as ice, hard candy, fingernails, etc. If possible chew only on the opposite side of your mouth.
 - Continue to brush and floss normally.
 - If antibiotics are prescribed, please follow the directions on the bottle and take all of the medication prescribed. Some discomfort is normal after a root canal. Analgesic tablets i.e. Tylenol, Motrin, Advil or Aleve are effective. Follow the directions stated on the bottle. The Doctor may have prescribed pain medication, to avoid nausea, do not take pain medication on an empty stomach. Do not drive or mix alcohol while taking pain medication.
 - Your second appointment is usually scheduled 2-3 weeks after your initial root canal therapy. It is very important to return to future appointments so the tooth can be restored to insure good long-term dental health.
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