

## Post-Operative Instructions

John W. Cox, DDS and Your Family Dentist, PC team invite you to see a summary of post-op instructions. Call us or Text us at 828-893-0010, if you have any questions:

### Root Canal Therapy

Following are some simple instructions for home care after the Root Canal Therapy.

1. Root canal therapy may take two or more appointments to complete. A temporary filling, temporary crown, crown build-up or composite filling/restoration is placed to protect the tooth between appointments. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.
2. Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off when it is used. If the entire filling falls out, or if a temporary crown comes off, call us so that it can be replaced.
3. It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. The healing process may take several days but the pain and discomfort should subside gradually.
4. Take any medication that was prescribed for you according to instructions.
5. To further reduce pain and swelling, rinse three times a day with warm salt water (1 teaspoon of salt in a cup of warm water, rinse – swish – spit).

6. To protect the tooth and keep your temporary in place, avoid eating sticky food , especially hard food, and if possible, chew only on the opposite side of your mouth.
7. It is important to continue to brush and floss normally.
8. Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future.
9. Follow up with the placement of your final restoration as you have been advised. Any unnecessary delay on placement of final restoration may damage the tooth permanently.
10. If your bite feels uneven, or if you have persistent swelling or pain, or if you have any questions, please call our office.

As always, we welcome your questions, comments and concerns. Should you have any please call us during normal business hours. If you feel you are having an emergency or can't wait until the office reopens please proceed to an Urgent Care Facility , hospital or call 911. We appreciate the opportunity to serve your dental needs.