

Root Canal Treatment Aftercare

When a local anaesthetic is used to thoroughly numb the area being treated, this numbness in your lips, teeth or tongue might last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off.

For the first few days after your root canal therapy, you may have some discomfort or sensitivity in the tooth that was treated, even if there was no pain prior to the treatment. This is normal and will usually settle within a few days. It is due to your body fighting any remaining bacteria at the end of the root and also may be a phantom or dying nerve pain. If antibiotics have been prescribed for the infection, it is important that you take them for the full length of time indicated on the prescription, even if all signs of infection are gone. To control discomfort, we recommend that you take an over-the-counter pain reliever (e.g. ibuprofen) following label directions.

A temporary filling is often placed to protect your tooth prior to final restoration. It is common for a small portion of a temporary filling to wear away or chip off. This usually is not a problem. However, you should take these precautions to ensure that your temporary filling or temporary crown stays securely in place: Avoid chewing gum and eating sticky or hard foods. If possible, chew only on the opposite side of your mouth. Continue to brush normally.

Please be sure to call us if your bite feels uneven, if you have swelling or if you have persistent pain that lasts more than a week.

Note: It is important to complete the treatment for the tooth as soon as possible. The long term success depends on a good filling and/or crown to seal up the top of the tooth so that bacteria cannot get back into the roots.