



Following Root Canal Therapy - Post Root Canal Instructions

When you leave our office you will most likely still be numb. It is important that you be careful when eating or drinking as you could bite your lip, scald your mouth, or crack your tooth with excessive chewing force. Furthermore, the filling in your tooth (temporary or permanent) may not be entirely hard by the time you exit. Thus we recommend that you avoid chewing on your tooth while you are numb.

Your tooth may be sore for up to two weeks due to inflammation and bruising at the end of the roots. Avoid chewing on the treated tooth until all soreness is gone. As in all dental procedures, understand that it takes time for tissues to heal.

If your endodontist did not prescribe medication for you, then take two ibuprofen, Tylenol or aspirin every four to six hours to keep inflammation to a minimum. If you have been given a prescription, have it filled and take it as directed. If you have swelling or pain that is not controlled by your medication, please contact our office.

Should you need any attention after hours or on the weekend, one of our endodontists may be reached by calling the office and following the prompts.

Cool Springs (615) 371-9559

Hill Center (615) 383-4455

Typically, a tooth treated endodontically should be protected by a restoration such as a crown, onlay or bridge. This final restoration completes your endodontic treatment and should be scheduled with your family dentist within 2-4 weeks. If your treated tooth is not comfortable at that point, contact our office. Failure to do so could result in the loss of your tooth.