



# Root Canal Therapy

## Homecare Recommendations

- **Care For Your Temporary Filling**

If a temporary filling was placed, avoid chewing for at least 30 minutes to allow the restoration to harden. To prevent the temporary filling from coming out, do not eat hard or sticky foods, especially gum. It is not a problem if part of the temporary filling comes out or wears off, just be sure to have an appointment set for your permanent restoration.

- **Chewing and Eating**

If an anesthetic was used at your appointment, avoid chewing until the numbness has worn off. Your lips, teeth, and tongue may be numb for several hours.

- **Brushing and Flossing**

You may continue to brush and floss normally.

- **Medications and Discomfort**

Take medications and or/antibiotics as directed even if all symptoms are gone. To control discomfort, take pain medication before the anesthetic has worn off or as directed. It is normal to experience some discomfort for a few days after a root canal appointment. Use one teaspoon of salt to one glass of warm water 2-3 times a day to reduce swelling or discomfort.

- **When to Call Us**

Call our office if bleeding, sensitivity, or discomfort increases or continues beyond 3 to 4 days. If you have any questions or concerns, or if you do not have an appointment for your permanent restoration, feel free to call us at (703) 870-7784.