



GARY A. ROSENFELD, DDS

Root Canal Therapy Post-Op Instructions

- Avoid any chewing until numbness has completely worn off.
- Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out or if a temporary crown comes off, call us so it can be replaced.
- It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. To control discomfort, take pain medication as recommended.
- If antibiotics are prescribed, continue to take them for the indicated length of time, even if the symptoms and signs of infection are gone. To further reduce pain and swelling, rinse three times a day with warm salt water. (Add a teaspoon of salt to a cup of warm water and rinse.)
- To protect the tooth and keep temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of the mouth.
- It is important to continue to brush and floss as normal.
- Usually the last step after root canal treatment is the replacement of a crown or tooth.

Please follow these home care instructions carefully and call Dr. Rosenfeld if your bite feels uneven, you have persistent pain, or have any questions or concerns.

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