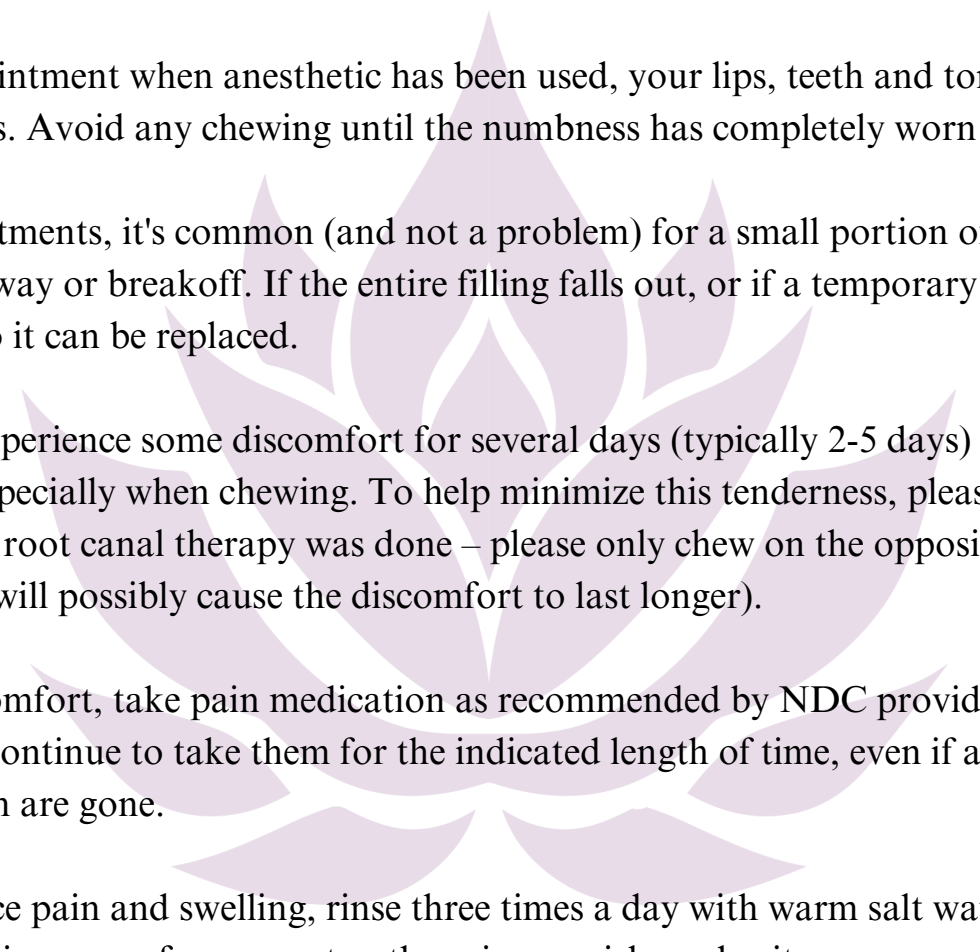


Norwalk Dental Care

We Care.

INSTRUCTIONS AFTER ROOT CANAL THERAPY

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- Root canal therapy often takes two or more appointments to complete. A temporary filling or crown 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. Avoid any chewing until the numbness has completely worn off.
 - Between appointments, it's common (and not a problem) for a small portion of your temporary filling to wear away or breakoff. If the entire filling falls out, or if a temporary crown comes off, call our office so it can be replaced.
 - It's normal to experience some discomfort for several days (typically 2-5 days) after a root canal appointment, especially when chewing. To help minimize this tenderness, please do not chew on the side that the root canal therapy was done – please only chew on the opposite side (chewing on the treated side will possibly cause the discomfort to last longer).
 - To control discomfort, take pain medication as recommended by NDC providers . If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
 - To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit.
 - To protect the tooth and help keep your temporary in place:
 1. Avoid chewing sticky foods (especially gum).
 2. Avoid hard foods and hard substances, such as ice, fingernails and pencils.
 - It's important to continue to brush and floss normally. Usually, the last step after root canal treatment is the placement of a crown on the tooth.

FOR ANY OTHER DENTAL EMERGENCY OR CONCERNS, PLEASE CALL US AT (203)853-6626