



What to Expect After Root Canal Therapy

- While you are anaesthetized, *frozen*, and may not have feeling in the area, please avoid eating or drinking anything hot as you may not feel the heat and **may burn yourself**.
- You have had a **temporary restoration** placed in your tooth. If root canal therapy has been completed, you must return to your regular dentist to have the temporary filling replaced. A crown may be recommended. Please avoid pressure or chewing on the tooth (teeth) that has been treated, until you have seen your regular dentist for a permanent restoration.
- Please call your dentist as soon as possible after completion of the root canal treatment to make an appointment at a time which is convenient for you and your dentist, for permanent restoration.
- **You may experience some discomfort** on the tooth that has been treated. There is inflammation in the socket surrounding the tooth, similar to a bruise. This may last anywhere from **7 to 10 days**. **This is not an unusual post-operative event**.



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- Keep food away from the surgical site. It is important to maintain proper nourishment. Stick to a soft food diet for the day of and the day after surgery.
 - **Avoid hot fluids** while "frozen" as this may burn your mouth. Warm foods may be taken once the freezing has worn off.
 - **Refrain from smoking** during the first 48 hours as well as minimize its frequency during the healing phase. No strenuous exercise for 48 hours after surgery. No drinking of alcoholic beverages while taking the prescribed medications.
 - Limit talking and facial movements during the first day and refrain from lifting your lip in order to look at the surgical site.
 - Maintain your normal oral hygiene program of brushing and flossing, except in the surgical site until your post-surgical visit. Periodic (3-4 times daily) salt water rinses will maintain hygiene in the surgical site.
- *Note:** If your sinus was involved during surgery (the doctor and staff will inform you) please refrain from blowing your nose. If blood is seen through the nose, this is not unusual and will subside within 48 hours. If excessive bleeding is seen please inform the office.



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