



## What to expect after Root Canal Therapy

Post-operative care after a root canal can aid in healing and protect the tooth from damage.

Any numbness you're experiencing from the anesthetic will last approximately two hours. Until the anesthetic wears off, be careful not to drink hot liquids or bite your lip, cheek or tongue.

After a root canal procedure, it is normal to experience discomfort when biting for 1 – 2 weeks.

Remember to:

1. Eat soft foods and avoid sticky foods like chewing gum and caramel candies immediately after the procedure.
2. Be gentle when brushing and refrain from flossing until you are no longer experiencing any discomfort.
3. Use a salt water rinse to reduce symptoms such as minor bleeding or swelling.
4. Use pain medication as needed to manage pain or discomfort.
5. If you are prescribed antibiotics, complete the entire course, even if you begin to feel better before you've finished the course.

Note: After root canal therapy, it is common for a tooth to become brittle over time, as the nerve and blood supply has been removed. We recommend placing a crown to protect the tooth from further damage.