

**SOME SUGGESTIONS FOR YOU
DURING ROOT CANAL THERAPY
Boulder Dental Center**

GENERAL CARE OF YOUR MOUTH

Start normal cleaning procedures on untreated teeth one day following root canal therapy. The tooth may be refreshed with a commercial mouth rinse. However, rinse gently! Gentle rinses with warm (coffee temperature) salt water, 4-6 times a day, will promote healing and decrease discomfort. (One teaspoon of salt added to 8 oz. water).

PAIN AND/OR SWELLING

Some discomfort may occur when the local anesthesia (numbness) “wears off.” The amount of pain and swelling may vary from mild to severe and the extent of the discomfort will depend primarily on the severity of the abscess (infection), if present. Frequent rinsing with warm (coffee temperature) salt water, along with moderate analgesics (pain medication) and antibiotics taken as prescribed, will reduce discomfort, promote healing and decrease swelling.

EATING

Expect the tooth in treatment to be sensitive (mild to moderate) when chewing. Eat soft or liquid foods, avoiding the tooth in treatment during the first 24-48 hours.

ANTIBIOTICS

If antibiotics are prescribed, take them as directed until they are ENTIRELY GONE.

BRUSHING AND ORAL IRRIGATION

Normal eating, including flossing and oral irrigation should be carried out whenever you are undergoing root canal therapy. Be careful not to dislodge the temporary filling material placed in the treated tooth.

OTHER COMMON SYMPTOMS

- ...Mild to moderate throbbing the first 24-48 hours.
-Sharp twinges (short duration) the first 48-72 hours.
- ...Halitosis (bad breath) from the present infected tooth.
-Medicinal taste between 1st and 2nd appointment.
-Bits of temporary filling dislodgement. (DON'T WORRY!)

If abnormal swelling (notable facial enlargement) or pain continues, contact your dentist immediately for the follow-up consultation and/or treatment.