

WEST HAVEN DENTAL CARE^{LLC}

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CARE INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

- Some soreness and discomfort following your procedure can be expected and is normal. This may include gum soreness and some minor tooth sensitivity which can last for several days. Over-the-counter pain medication such as Motrin, Aleve, Tylenol or any other non-aspirin pain medication should be sufficient. The dentist can prescribe stronger pain medication if necessary.
- For best pain relief, begin taking pain medication as soon as possible before novacaine wears off. Continue taking medication every 4 to 6 hours for 2 to 3 days.
- Rinse with warm salt water (1/2tsp salt with a glass of warm water) 3 to 4 times a day for a few days. A mouth wash, such as Crest Pro-Health Care Rinse, is also acceptable.
- It is important to maintain good home care following this procedure. This includes regular brushing and flossing even if the gums are sore.
- A temporary filling has been placed in the tooth treated. Please avoid sticky or hard foods such as gum, chewy or hard candies. These may dislodge the temporary filling.
- Following root canal therapy, teeth generally need to be restored with a full coverage restoration such as a crown. The dentist will discuss this with you in detail.
- Should any problems occur, such as the temporary filling coming loose or dislodging or continued pain, do not hesitate to call our office.