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Homecare: Root Canal Therapy

Now that you've had root canal therapy, it's important to follow these recommendations to ensure proper healing.

Caring for a Temporary Restoration:

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Your lips, teeth and tongue may be numb for several hours.

Brushing and Flossing:

Brush and floss very carefully. Remove floss from the side to prevent removal of the temporary filling. In some cases, we may even advise you to avoid flossing around the temporary filling.

Medication and Discomfort:

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infections are gone.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It's normal to experience some discomfort for several days after a root canal appointment, especially when chewing.

To further reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

When to Call Us:

Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, your temporary filling or crown comes off, or you have any questions or concerns.