



CONCORDIA  
*dental healthcare*

## Post Root Canal Treatment Information

### Root Canal Therapy

Root Canal Therapy usually takes one appointment to complete, however in more complex cases or re-treatments, two or more visits may be necessary. In these instances a temporary filling is placed to protect the tooth between appointments. When the treatment is completed the permanent restoration, e.g. filling or crown, is placed. Here are some instructions to help you to protect your tooth and ease any discomfort.

### Chewing and Eating

If we used anaesthetic, avoid chewing until the numbness has completely worn off. While the temporary filling is in place, avoid eating sticky or hard foods.

### Brushing and Flossing:

It's important to continue to brush normally, but floss carefully. To prevent removal of the temporary restoration, remove the floss by pulling it through the teeth, not down or up from between the space between the teeth.

### Medication and Discomfort

You can expect the tooth treated to be tender for a day or two. Swelling is a very unusual consequence. If you feel necessary, take normal painkillers such as Paracetamol or Ibuprofen (if these are suitable for you). If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

### When to Call Us

It's common, and not a problem, for a small portion of temporary filling to wear away or break off between appointments. However, if the entire temporary filling falls out, or you feel a piece of tooth may have broken off, call us so that we can replace it.