



Grove City family dentistry

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Post operative instructions: Root canal

It is normal to experience some pain following a root canal procedure, especially while chewing. This pain, should subside within 48 hours or so depending on the precautions taken during recovery. It is also important to keep in mind that because anesthesia was used during the procedure, it will take a little while for the numbness to wear off. Take extreme caution while chewing after the procedure to avoid any injuries to your cheek, lip or tongue.

Pain medication can be taken as directed to relieve any discomfort. To further reduce pain and swelling, you can rinse up to three times a day with warm salt water (mix one teaspoon of salt in one cup of warm water, rinse-swish-spit). If antibiotics are prescribed, continue to take them as instructed even if all symptoms and signs of infection are gone. To protect the tooth and help keep your temporary in place, avoid eating sticky foods, especially gum, hard foods, and if possible, chew only on the opposite side of your mouth.

It is important to resume your normal dental routine which should include brushing and flossing at least once a day. If your bite feels uneven, if you have persistent swelling or pain, or you have any other questions or concerns, please call our office.