



Now that you have had root canal therapy, it's important to follow these recommendations to ensure healing and long-term retention of your tooth. Most importantly, please call and schedule your permanent filling/crown appointment with your general dentist as soon as possible, as the temporary restoration is advised to be replaced within 4 wks.

Caring for a temporary restoration:

- If we placed a temporary filling or crown on your tooth, avoid chewing for at least one hour to allow the restoration to harden.
- To keep your restoration in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.
- It's not a problem for a small portion of a temporary filling to wear away or break off, but if the entire filling wears out, or if a temporary crown comes off, call us so that it can be replaced.

Chewing and Eating:

- 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.
- Until you are able to see your general dentist please avoid chewing any hard or crunchy foods i.e. popcorn, tortilla chips, nuts, etc.

Brushing and Flossing:

- Brush normally and floss normally, except avoid forcing floss between the temporary filling and the adjacent tooth.

Medications and Discomfort:

- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- To control and minimize discomfort, take pain medications before the anesthetic has worn off. Ibuprofen (Motrin, Advil, or appropriate generic) is the recommended medication if you can safely take NSAIDs. You are encouraged to take 600mg-800mg every 6 hours for 2-4 days following the procedure. Otherwise 1000mg Tylenol (acetaminophen) up to 3 times a day is recommended.
- Take all other prescribed medication as directed.
- It's normal to experience some discomfort for several days after a root canal appointment, especially when chewing.

If you have questions and/or concerns regarding your visit today, please contact us.

Office number: 312-291-9571

Downtown: Option 1

Wicker Park: Option 2

Far North: Option 3