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Root Canal Therapy

• Caring for a temporary restoration

Now that you have had root canal therapy, it is important to follow these recommendations to ensure proper healing.

If we placed a temporary filling or crown on your tooth, avoid chewing for at least one half hour to allow the restoration to harden.

To keep your temporary restoration in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

It is common 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, please call us asap to have it quickly replaced for you.



Brush normally



*Do not chew
for 30 minutes*



*Take pain medication
for discomfort*

• Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness completely wears off. Your lips, teeth and tongue may be numb for several hours after the procedure.

• Brushing and flossing

Brush and floss normally.

• 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 discomfort, take pain medication before the anesthetic has worn off or as recommended.

It is 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.

When to call us

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