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## **Instructions for Home Care Following an Endodontic Procedure**

### **WHAT TO EXPECT:**

1. Numbness: After anesthetic has been used your lips, teeth, and tongue may be numb for several hours. Avoid chewing until the numbness has completely worn off.
2. Swelling: This is normal following a surgical procedure in the mouth. It should reach it's maximum in 12-24 hours and diminish by the 4<sup>th</sup> post-operative day.
3. Discomfort: The most discomfort you will experience is during the time when sensation returns to your mouth. It is possible to have some discomfort for 2-3 days following treatment especially when chewing.

### **THINGS TO DO:**

1. Chewing: Be careful when eating since a temporary restoration is placed to protect your tooth between appointments. Usually a crown is needed after root canal therapy cover and protect the tooth from breaking in the future.
2. Diet: After waiting 2-3 hours, you should be able to take fluids by mouth. A liquid or soft diet may be necessary for the first 2 days. This would include soups, soft drinks, cereal, mashed potatoes, etc. An adequate fluid intake of at least 2 quarts a day is essential.
3. Medications: Take all medications as directed. This is very important. The medications are principally prescribed to control pain and to prevent infection.
4. Mouth Rinse: Starting the next day we recommend rinsing your mouth 3 times daily with warm salt water rinses to speed healing. 1 teaspoon of salt in an 8-ounce cup of water to rinse, swish, and spit after meals is best.

### **THINGS NOT TO DO:**

1. Don't apply heat to the face at any time, this will increase swelling.
2. Avoid strenuous physical activity for 24 hours. This includes bowling, swimming and other sports in which one becomes winded. Physical activity causes your blood pressure to rise and may cause an increase in bleeding.