



GRAND AVENUE DENTAL CARE

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Root Canal Therapy Post-Op Instructions

Caring for a temporary restoration

- Now that you have had root canal therapy, it is important to follow these recommendations to ensure healing.
- If we placed a temporary filling or crown on your tooth, avoid chewing for at least one-half hour to allow 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 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

- Brush and floss normally.

Medication 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 or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm 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 or four days, your temporary filling or crown comes off, or you have any questions or concerns.