

After a Root Canal

Some soreness for two to four days is normal while the area calms down, and for some people it lasts a few weeks. These steps protect the tooth until its final crown or filling goes on.

Right after your visit

- Don't eat or drink for 30 minutes, and try not to poke at the tooth with your tongue. This gives the temporary filling time to harden.

Comfort

- Fill any prescriptions and take them as directed. If we didn't prescribe anything, ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) usually helps, as long as you have no allergy. Never take more than the label says.
- For swelling, hold a cold compress near the area for up to 20 minutes on and at least 20 minutes off, for the next 6 to 8 hours as needed. Keep a cloth between the ice and your skin.

Until your final crown or filling

- Chew on the other side. The temporary is soft and can crack, so skip nuts, pretzels, hard candy and ice.
- Book your final crown or filling within a month. Waiting longer raises the chance the temporary breaks or new decay starts.
- Brush and floss gently around the tooth as usual.
- If the temporary falls out after hours, a pharmacy temporary filling kit can cover it until we see you.

Please read: flare-ups

- Flare-ups are uncommon, but they can cause real pain, swelling or throbbing, most often in teeth that were badly infected or treated before. If that happens, call us right away. We may prescribe medicine or ask you to come in.

Call us if pain isn't controlled by medicine or swelling keeps getting worse. 845-358-5110

For a serious or life-threatening emergency, call 911 or go to the nearest emergency room.

This is general advice only. Please contact your doctor directly if you need specific care instructions.

