

## Root Canal Post Op

The root canal therapy, which has been completed today on your tooth, needs to be cared for in order to minimize complications.

1. Avoid chewing on the tooth directly for a period of 48 hours in order to allow complete sealing and settling of the root filling materials.
2. Expect some mild tenderness or feeling of 'bruising' within the tooth and around the gum area during the first few days. This slowly disappears. You may take 1-2 Nurofen tablets occasionally if required.
3. The final filling or restoration over the root filling is an intermediate restoration and the tooth would be best to eventually be permanently strengthened with a crown which should be considered as soon as possible after complete healing of the root filling.
  - 1) In most cases this is after the six-month follow up of the root canal therapy.
4. Care should be taken not to chew hard on the tooth until the tooth is strengthened with the crown. Excessive pressure or chewing may crack or split the tooth, which may make it un-restorable.
5. Brush, floss and mouthwash around the tooth to maintain both the gums and tooth healthy.