Homecare 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 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 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.



Do not chew for 30 minutes



Brush normally



Take pain medication for discomfort



Wait for numbness to wear off completely

Chewing and eating

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

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. 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.

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