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## Instructions For Patients In Root Canal Therapy

Today root canal therapy was started on one of your teeth. When the anesthetic wears off you may experience mild soreness in the tooth. An aspirin, Tylenol, or Advil should relieve any discomfort. A temporary filling material may have been placed inside the tooth. If so, small pieces may chip away in the next few days; there is no need for concern unless the entire filling falls out.

1. Maintain your regular diet, but avoid hard foods that may dislodge the temporary filling. You may experience slight discomfort when chewing today and tomorrow. If you experience extreme sensitivity to touch or pressure call the office.
2. You may require antibiotics to control the infection in your tooth; take them as directed.
3. If you should experience a throbbing or soreness during or after exercise, limit any activities that will substantially increase your heart rate.
4. Pain and swelling are not expected. If you experience pain or swelling, call the office.
5. Maintain your oral hygiene. Brush as usual, floss carefully around this tooth so the temporary will not be disturbed.
6. A tooth becomes brittle after root canal treatment and usually requires the placement of a post and a crown restoration. Do not be disturbed if pieces of the tooth should chip, the tooth will be restored back to its original shape when the root canal is finished.

**For an after-hours emergency, please call the office for a recorded message that will give you the doctor's home phone number.**