

**Endodontic Associates
of Greater Waterbury**
1389 West Main Street, Suite 208
Waterbury, CT 06708
203-757-1287
waterburyendo.com

Home Care Instructions

Please read and follow these post-operative instructions.

1. If you have received local anesthetic or “novocaine” **do not** eat or drink hot beverages until the numbness has resolved. This may take anywhere from 3 – 5 hours.
2. Avoid chewing on the tooth for several days. Your tooth and the surrounding tissues are healing.
3. Some tooth soreness is normal for the first 24 hours, and there may even be tenderness for several days. Although tissue is no longer within your tooth, the ligaments which secure the tooth in the bone remain living and may cause the tooth and surrounding area to be sore following treatment.
4. Generally, over the counter analgesics such as Ibuprofen (Advil), Tylenol or Aleve will alleviate your temporary discomfort. It is recommended that these be taken prior to the novocaine wearing off. It is OK to start with Advil and if you still have discomfort you can take Tylenol to supplement the Advil. If you cannot take Advil, start with Tylenol. If a prescription medication has been given, please take it as directed by our doctors.
5. If you have another appointment to finish your root canal, our office will give you a reminder phone call ahead of time.
6. If your root canal treatment is finished you will need to follow up with your restorative dentist. Remember that although the root canal system is sealed, the opening made in your tooth to perform the treatment is sealed with a temporary material. If you believe the temporary filling has fallen out, please call our office so we can replace it. In most cases a permanent crown is needed to ensure successful treatment. Please schedule an appointment with your restorative dentist within 2 – 4 weeks for placement of a permanent restoration. Failure to complete this step may result in reinfection or loss of your tooth.

We are delighted that you have chosen our office for your root canal therapy. Thank you for allowing us to provide your care. We sincerely hope your experience with us was pleasant. Should you experience any symptoms that require a doctor’s attention, please call our office at 203-757-1287.