

POST-OP INSTRUCTIONS

Caring for Your Tooth After Root Canal Treatment

Root canal treatment removes infected or damaged tissue from inside the tooth so the tooth can be saved. The inside of the tooth has been cleaned and sealed. Here is what to expect and how to care for your tooth.

The First Few Hours

- If numbing medicine was used, avoid eating until the numbness wears off. It is easy to bite your lip, cheek, or tongue without feeling it.
- Avoid hot foods and drinks while you are numb, since you may not feel a burn.
- Do not chew on the treated tooth today. Choose softer foods and chew on the opposite side.

What to Expect

- Tenderness around the tooth and soreness when biting are common for a few days and may last up to a week or two. This should gradually improve each day.
- The gums around the tooth may be sore, and mild jaw soreness from holding your mouth open is normal. Warm salt water rinses can help.
- If needed, an over-the-counter pain reliever may be used as directed on the label or as recommended by our office.
- If you were prescribed an antibiotic or other medication, take it as directed and to completion.

Protecting Your Treated Tooth

- Avoid sticky and chewy foods (caramel, taffy, gum) and very hard foods (ice, hard candy, nuts) on the treated tooth for the first few days, or as directed by your dentist.
- Chew on the opposite side whenever possible while any tenderness settles down.
- If a crown or other restoration was recommended for this tooth, it is an essential part of your root canal treatment. A treated tooth can become brittle over time, and the restoration protects it from fracture. Please keep any follow-up appointments as scheduled.

Caring for Your Mouth

- Brush twice daily and floss every day, including around the treated tooth.
- Keep up with your regular dental checkups so we can monitor the tooth and your restoration over time.

When to Call Us

- Pain that gets worse instead of better after the first few days, or pain that is not controlled by your medication.
- Visible swelling of the gums or face, or a fever.
- Your bite feels high or uneven once the numbness wears off. A quick adjustment usually resolves this.
- The tooth cracks, breaks, or feels open, or any filling material comes out.
- An allergic reaction to any medication, such as a rash, itching, or hives.