

Root Canal Post Op Instructions

Post-Operative Instructions for Root Canal Treatment

Thank you for choosing us for your dental care. Proper aftercare is important to ensure successful healing. Please follow these guidelines:

First 24 Hours

1. **Numbness:** Your mouth may remain numb for a few hours. Avoid chewing on the affected side until the numbness wears off to prevent injury.
2. **Pain Management:** Mild discomfort is normal. Take over-the-counter or prescribed pain relievers as directed.
3. **Swelling:** Some swelling may occur. Apply an ice pack on the outside of the face (20 minutes on, 20 minutes off) to minimize swelling.
4. **Diet:** Stick to soft foods and avoid very hot or spicy foods. Avoid chewing on the treated tooth until a permanent restoration is placed (i.e. permanent crown).
5. **Oral Hygiene:** Continue brushing and flossing as usual but be gentle around the treated area.

After 24 Hours

1. **Sensitivity:** Some biting sensitivity is normal and should gradually subside over a few days/weeks. You should not experience any cold sensitivity on the treated tooth.
2. **Temporary Filling:** If a temporary filling was placed, avoid sticky or hard foods that might dislodge it.
3. **Restoration:** A crown or permanent filling will be required to protect the tooth. Schedule your follow-up appointment promptly.

What to Watch For

- **Severe or Increasing Pain:** Some discomfort is expected, but worsening pain may indicate an issue.
- **Swelling or Pus:** Excessive swelling, persistent pain, or pus may signal infection—contact our office.
- **Cracked or Lost Temporary Filling:** If the temporary filling falls out or the tooth cracks, call us for an appointment.

Follow-Up Care

- A permanent crown or filling is essential to protect the treated tooth. **Do not delay this step.**
- If you experience persistent symptoms or have concerns, contact our office immediately.

We are here to support you. If you have any questions, please reach out to our office. Wishing you a smooth and comfortable recovery!