



Post-Operative Instructions: Root Canal Therapy (Endodontic Treatment)

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

Immediately After the Procedure

- **Avoid Eating Until Anesthetic Wears Off:** Do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Bite on Gauze:** If your dentist has placed gauze in your mouth to control bleeding, bite on it for the recommended duration. Replace with a new piece if bleeding continues.

Diet and Eating

- **Soft Foods:** For the first 24-48 hours, stick to a soft diet. Avoid chewing on the treated tooth until your dentist confirms it is safe to do so. Avoid sticky, hard, or chewy foods that can damage the temporary filling or crown.
- **Hydration:** Drink plenty of fluids to stay hydrated.

Oral Hygiene

- **Gentle Brushing:** Continue to brush your teeth gently but avoid the treated tooth for the first 24 hours. Afterward, you can resume your normal brushing routine.
- **Flossing:** Be cautious when flossing around the treated tooth. If you have a temporary crown or filling, avoid pulling up on the floss which might dislodge it. Instead, pull the floss out to the side.

Pain and Sensitivity

- **Normal Sensitivity:** Some sensitivity and discomfort are normal after a root canal procedure. This can last for a few days.
- **Pain Management:** To reduce pain or soreness, take Ibuprofen (Motrin or Advil) up to 400mg every 4 hours unless you are allergic or have otherwise been instructed not to take it. Acetaminophen (Tylenol) 500mg can also be taken every 4 hours in staggered intervals with Ibuprofen.

Medications

- **Antibiotics:** If prescribed antibiotics, take them as directed until they are finished, even if you feel better before completing the course.
- **Pain Relief:** See above.



Temporary Restorations (if permanent restoration was not placed)

- **Temporary Filling or Crown:** If you have a temporary filling or crown, avoid chewing on the treated side to prevent dislodging it. Follow your dentist's instructions regarding the care of temporary restorations.
- **Permanent Restoration:** It is important to return to your dentist for the permanent filling or crown to protect your tooth and restore its function fully. Schedule this appointment as soon as recommended by your dentist.

Activity Level

- **Rest:** Limit physical activity for the first 24 hours to prevent complications.
- **Normal Activities:** After the initial rest period, you can resume normal activities as you feel comfortable.

When to Call Our Office

Please call our office if:

- You experience severe pain or swelling that does not improve with pain medication.
- You have a fever or chills.
- The temporary filling or crown becomes loose or falls out.
- You notice a large amount of bleeding that doesn't stop.
- You experience an allergic reaction to any medication taken.
- You have any questions or concerns about your recovery.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information needed for effective healing.