

Root Canal Treatment Post-Op Instructions

After treatment:

Your endodontic (root canal) treatment is now complete. Please wait to eat or drink on the affected side until after the numbness has worn away.

Discomfort

- **Tenderness:** You can expect some discomfort for a few days; this is normal.
- **Over-the-counter:** Aleve, Advil, Aspirin or Tylenol will help.
- **Rinse:** Salt water rinse with ½ tsp. salt in 8 oz. water may also help.
- **Swelling or severe pain:** Please contact our office.

If antibiotics and/or pain medications were prescribed, please take them as directed.

Food

- **First hour:** Do not eat anything.
- **Once numbness goes away:** Eat only soft foods.
- **Until pain-free:** Eat on the other side of your mouth.

Temporary Filling

A temporary filling has been in the tooth. It is normal for a thin layer to be chewed away which can cause an unusual taste. Should all of the temporary filling come out, please call the office.

Final Restoration

If an appointment to place a final restoration has not been made, please call to schedule this appointment promptly. It is necessary to receive additional protection in the form of a filling or crown to protect against future fracture and decay. Delay in obtaining a final restoration may result in retreatment of a root canal or possible loss of tooth.

If you have any questions or concerns, do not hesitate to call our office.