

# Root Canal Post-Operative Instructions

## What to Expect After Treatment

It is normal to experience:

- Mild to moderate soreness or tenderness in the treated area for a few days
- Sensitivity to pressure or chewing
- Slight swelling or jaw stiffness from keeping your mouth open during treatment

These symptoms typically improve within 2–5 days.

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## Pain Management

- Take any prescribed medications exactly as directed.
- For mild to moderate discomfort, over-the-counter pain relievers such as ibuprofen or acetaminophen may be used unless otherwise advised.
- Avoid aspirin if you are prone to bleeding or have been instructed not to take it.

*If pain worsens after several days or becomes severe, please contact our office.*

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## Eating & Chewing

- Avoid chewing on the treated tooth until it has been fully restored (permanent filling or crown placed).
  - Stick to soft foods for the first 24 hours.
  - Avoid hard, sticky, or crunchy foods that could damage the temporary filling.
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## Temporary Filling Care

If a temporary filling was placed:

- It is normal to feel the filling slightly raised at first.
  - Avoid chewing gum or sticky foods, which may dislodge the filling.
  - If the temporary filling comes out or feels loose, contact our office promptly.
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## Oral Hygiene

- Continue brushing and flossing as normal, being gentle around the treated area.
  - Rinse with warm salt water ( $\frac{1}{2}$  teaspoon salt in 8 oz of warm water) 2–3 times daily to reduce inflammation.
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## Swelling or Infection Concerns

Contact our office immediately if you experience:

- Increasing swelling after 48 hours
  - Fever
  - Severe or persistent pain not relieved by medication
  - A bad taste, drainage, or pus
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## Follow-Up & Final Restoration

- A permanent crown or filling is usually required to protect the tooth after root canal therapy.
  - Delaying the final restoration increases the risk of fracture or reinfection.
  - Please keep all follow-up appointments as scheduled.
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## Emergency Contact

If you have concerns after hours or experience severe symptoms, please contact our office as instructed or seek emergency care if necessary.

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**Your comfort and healing are important to us. Please do not hesitate to call our office with any questions or concerns.**