

What to Do After a Root Canal:

- Congratulations! By saving your tooth with root canal treatment, you have made a significant step towards better oral health. This guide is intended to answer questions you may have about the post-operative period and to give you info on how to preserve the health of your tooth following root canal treatment.
- Eat soft foods that require minimal chewing and nothing hot that might burn your mouth. As soon as the anesthetic wears off you may eat normally. **Do not chew on the treated tooth until you have had it restored by your dentist.**
- If you have received pre-medication for sedation go home and get plenty of rest.
- Expect some soreness in your gums and jaw from the injections and from your mouth staying open for an extended period of time.
- _____ was dispensed/ prescribed. Please take _____ tablet(s) every _____ hours for _____ days.
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- Pain Control:

- If **Ibuprofen** was recommended/ dispensed and you feel the need for **a little** more pain control, you may alternate it with **Tylenol** in the manner below.

Example:

12:00 PM	Ibuprofen 800 mg
3:00 PM	Tylenol 1000 mg
6:00 PM	Ibuprofen 800 mg
9:00 PM	Tylenol 1000 mg

- If you feel the need for **much more** pain control, narcotic pain medication may be prescribed. If prescribed, please take with food and avoid alcohol and operating heavy machinery.
- A hot/cold pack is not necessary. However, if you find it helpful there is no harm in using one.
- If this does not remedy the pain please contact our office.
- A tooth can still decay after a root canal treatment. Therefore, it is important to maintain proper oral hygiene with regular brushing and flossing.
- If a crown is recommended, please contact your general dentist within one to two weeks. Avoid sticky candy or hard chewing on the root canal treated tooth until a permanent crown is placed.
- We will follow-up after 24 hours of treatment. However, in the case you feel the need to contact us before then please do so.

***** Emergency Contact #: (214) 528-7668**