

POST-OP INSTRUCTIONS AFTER ROOT CANAL TREATMENT

You have just received **root canal treatment (endodontic therapy)**. The inside of your tooth has been cleaned, disinfected, and sealed to help preserve the tooth. Please follow these instructions carefully.

WHILE YOU ARE NUMB

Your lips, cheek, and tongue may remain numb for several hours after treatment.

- Avoid chewing until the numbness has completely worn off.
- Be careful not to bite your cheek, lip, or tongue.
- Avoid very hot foods and drinks while you are numb.

SOME DISCOMFORT IS NORMAL

It is normal for the treated tooth and surrounding area to feel **tender or sore for several days**, especially when biting or chewing.

You may also notice mild tenderness in the jaw or gum around the treated tooth.

Symptoms should gradually improve. Take any medication recommended or prescribed by your dentist as directed.

BE CAREFUL WHEN CHEWING

Until your tooth has received its **final restoration or crown**, avoid chewing hard, crunchy, or sticky foods on the treated tooth.

A tooth that has had root canal treatment may be more vulnerable to **cracking or breaking**, especially if it has not yet been permanently restored.

YOUR TEMPORARY FILLING

If a temporary filling was placed:

- Avoid chewing hard or sticky foods on that tooth.
- A small amount of the temporary material may wear down and can be normal.

- If the temporary filling comes out completely or the tooth feels open, **please contact our office.**

YOUR FINAL CROWN OR RESTORATION IS IMPORTANT

Root canal treatment treats the inside of the tooth, but it does not complete the restoration of the tooth.

If your dentist recommends a crown or other final restoration, it is important to have it completed as soon as recommended.

Do not delay your final restoration. An unrestored root canal-treated tooth may fracture or become contaminated, which could result in additional treatment or even loss of the tooth.

BRUSHING & FLOSSING

Continue brushing and flossing normally unless your dentist gives you different instructions.

Be gentle around the treated area if the gum is tender.

WHEN TO CONTACT OUR OFFICE

Please contact us if you experience:

- Severe pain or pressure that is not improving
- Pain or swelling that becomes worse
- Significant swelling of the gum, face, or jaw
- Fever or other signs of infection
- Your bite feels high or the treated tooth hits first
- Your temporary filling or crown comes out
- The tooth cracks or breaks
- Your original symptoms return
- An allergic or unusual reaction to medication
- Any other symptoms that concern you

IMPORTANT

Some tenderness following root canal treatment is expected, but **significant swelling, severe pain, or symptoms that continue to worsen should not be ignored.**

If you have any questions or concerns, please contact our office.

Everlast Dental
916-726-1819