



## Root Canal Post-Op Instructions

### After Treatment:

- Your endodontic (root canal) treatment is now complete. Taking pain medication before the numbness wears off may help maintain an acceptable comfort level. Please wait to eat or drink on the affected side until after the numbness has worn away, which usually takes about 30 minutes.
- Please do not chew or attempt to eat on the affected side while you are still numb. Do not try to feel around your tooth with your tongue as you have a temporary filling in the tooth and it takes about 30 minutes to harden.
- You may floss and brush your tooth as normal, unless told otherwise by the doctor.

### Discomfort:

- Discomfort or soreness in the area is normal for a few days (or up to 10 days) and range from mild to severe. This occurs because of existing infection and inflammation of the gum and tooth ligaments as well as the manipulation of the tooth during treatment. The gums may be sore, and the tooth is often tender to biting or chewing. Over the counter pain medications such as Ibuprofen, Advil, Aleve, Aspirin, Motrin, Excedrin, and Tylenol should relieve most of the discomfort (take as directed). Rinsing with warm salt water (1 teaspoon of salt per glass of warm water) will help. Discomfort in the area in no way affects the successful outcome of treatment.
- If antibiotics and/or pain medications were prescribed, please take them as directed. If you were given a prescription for pain, it is meant to help you with more serious discomfort only for a couple of days. In the unlikely event that swelling, fever, or severe pain should occur, please call the office.