

## **Root Canal Post-Op Instructions**

### **What to expect:**

Your tooth might be uncomfortable or experience a dull ache immediately following root canal therapy. This will resolve in one to two weeks.

Your tooth will be sensitive to bite pressure and might feel loose. This sensation will subside.

You might feel a depression or roughness on top of a back tooth or on the back of a front tooth. The soft, temporary material placed there will wear away before your follow-up appointment.

Occasionally, a small "bubble" or dimple will appear on the gum tissue within a few days post-treatment. This will disappear in a few days.

### **How to care for your root canal area:**

Use an over-the-counter pain reliever within one hour following your procedure. This helps with any discomfort once the anesthesia begins to wear off. For pain relief we recommend ibuprofen (Advil, Motrin, etc.) at 400mg every six hours for one day. If you must substitute for ibuprofen due to a medical condition, etc., use Tylenol as a substitute. Avoid aspirin and aspirin based products to eliminate the risk of blood thinning if any bleeding occurs.

Chew on the opposite side from the treatment area. Continue doing so until your permanent crown or filling is seated to avoid fracturing your weakened tooth.

Avoid chewing gum, caramels, or other sticky candy that could dislodge your temporary crown or filling.

### **Contact your dentist with any related questions or if:**

- ❖ You experience pain or discomfort beyond the previously mentioned healing period.
- ❖ You experience significant post-operative swelling.
- ❖ Your temporary crown or filling becomes dislodged, loose, or feels uneven when biting down.
- ❖ Your tooth fractures