

Dental Root Canal Aftercare

- Your mouth may remain numb for a few hours after treatment.
- Be careful not to bite your cheek, lip, or tongue while you are still numb.
- Avoid eating or drinking hot beverages until the numbness wears off.
- Mild to moderate discomfort is normal for a few days as your body heals.
- You may take over-the-counter pain relievers like ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) as directed.
- If prescribed medication was given, take it as instructed.
- Slight swelling or tenderness around the treated tooth is normal.
- Rinse gently with warm salt water ($\frac{1}{2}$ teaspoon of salt in a glass of warm water) 2–3 times a day to help reduce swelling.
- Avoid chewing or biting on the treated tooth until a permanent restoration (such as a crown) is placed.
- Stick to soft foods for the first 24–48 hours.
- Avoid hard, crunchy, or sticky foods that could damage the temporary filling.
- Keep brushing and flossing normally, but be gentle around the treated area.
- Clean your mouth thoroughly to promote healing.
- A permanent filling or crown is essential to protect your tooth after a root canal.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE. CALL OUR OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

SEVERE PAIN THAT IS NOT RELIEVED BY MEDICATION
SIGNIFICANT SWELLING THAT WORSENS AFTER 2–3 DAYS
SIGNS OF INFECTION (FEVER, CHILLS, BAD TASTE IN THE MOUTH)
THE TEMPORARY FILLING FEELS LOOSE OR COMES OUT