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What Should One Expect After the Root Canal?

For the first few days following the completion of a root canal, the tooth may feel sensitive due to natural tissue inflammation, especially if there was pain or infection before the procedure. This sensitivity or discomfort usually can be controlled with over-the-counter pain medication such as ibuprofen (Advil, Motrin) or naproxen (Aleve). Most patients can return to their normal activities the next day.

Until your root canal procedure is completely finished – that is to say, the permanent filling is in place and/or the crown, it's wise to minimize chewing on the tooth under repair. This step will help avoid recontamination of the interior of the tooth and also may prevent a fragile tooth from breaking before the tooth can be fully restored.

As far as oral health care is concerned, brush and floss as you regularly would and see your dentist at normally scheduled intervals.

Tips for Care After a Root Canal

A treated and restored tooth can last a lifetime with proper care. Root canals have a high success rate. Here are a few ways to take care of your teeth after a root canal:

- Practice good oral hygiene – brush teeth twice a day, and floss at least once. Taking care of your teeth can help prevent future problems.
- Visit your dentist regularly – cleaning and examinations by dentists and hygienists.
- Avoid chewing on hard foods – chewing on hard foods such as ice can cause teeth to break, and can harm root canals.

Our goal is provide comprehensive, expert dental care for a reasonable price.