



## **Post-Operative Instructions for Root Canal Treatment**

### **1. Pain Management:**

- It's normal to experience some tenderness or discomfort in the treated area for a few days.
- Over-the-counter pain relievers like ibuprofen or acetaminophen can be taken as directed to manage any discomfort.

### **2. Chewing and Eating:**

- Avoid chewing or biting on the treated tooth until it has been fully restored with a permanent filling or crown, as it may be fragile.
- Stick to soft foods and avoid hard, crunchy, or sticky foods that might damage the tooth.

### **3. Oral Hygiene:**

- Continue regular brushing and flossing, but be gentle around the treated area.
- Avoid vigorous rinsing or using strong mouthwashes in the first few days following the procedure.

### **4. Swelling:**

- Some mild swelling is normal, but if it becomes significant or is accompanied by severe pain, contact your dentist.

### **5. Medications:**

- If antibiotics are prescribed, take them as directed and complete the course, even if symptoms disappear.
- Follow any specific instructions regarding other prescribed medications.

### **6. Temporary Filling:**

- If a temporary filling was placed, it's normal for a small portion to wear away or break off. However, if you feel the entire filling has come out, contact your dentist.

### **7. Rest:**

- Limit physical activity for a few hours following the procedure.

### **8. Follow-Up Care:**

- A follow-up visit is often necessary to complete the restoration of the tooth with a permanent filling or crown. Make sure to keep these appointments.

### **9. Sensitivity:**

- You may experience sensitivity to hot or cold, which should decrease over time.

### **10. Warning Signs:**

- Contact your dentist if you experience severe pain or pressure lasting more than a few days, visible swelling inside or outside your mouth, an allergic reaction to medication, a return of original symptoms, or if your bite feels uneven.

