

Post-Op Instructions after Root Canal Therapy

Please follow the guidelines below and contact us with any questions.

- No eating or drinking for the first 30 minutes following your treatment. It may take several hours for the local anesthetic to wear off. Please be careful not to bite on your tongue/cheek while you are numb.
- If you were given any prescriptions, please have them filled promptly and take as directed. If no prescriptions were given, you may choose to take ibuprofen medications such as Motrin or Advil (as long as you do not have any allergies to these medications) for alleviation of discomfort and swelling. Alternatively, you may use Tylenol. Do not exceed the guidelines printed on the label for any medication.
- Discomfort is normal for several days following the procedure. Swelling can also occur in the surrounding area if the tooth had a large infection. Applying a cold compress to the face near the treatment area will help minimize swelling. If using an ice pack, please do not apply ice directly to your skin but place a cloth between the ice and your skin at all times. You may apply the cold compress for up to 20 minutes on and at least 20 minutes off for the next 6-8 hours as needed.
- Once you resume eating and drinking, avoid chewing or biting on the treatment area until your permanent restoration is placed. The temporary filling or crown placed immediately following root canal treatment is usually a soft composite that is vulnerable to fracturing (cracking). For this reason, it is important to avoid chewing on hard substances such as peanuts, pretzels, hard candy, ice cubes, etc.. You may experience increased sensitivity prior to the placement of the final restoration.
- Please keep the treated area clean by gently brushing. Avoid flossing around the temporary crown.
- It is possible for a temporary crown to fall out or break while in use. If the temporary falls out, please contact our office. If your temporary falls out after office hours, you may purchase some temporary filling material from a pharmacy and follow the included instructions to cover the area until you can be seen in our office.