

Post Op Instructions After Root Canal Treatment

A recommended pre-emptive measure is to take pain medication before the numbness dissipates to prevent discomfort after treatment. We also strongly suggest that you refrain from eating and chewing, particularly on the treated side, until after the numbness has subsided.

Between appointments, our dentist will place a temporary crown or filling on the treated tooth or teeth. However, please be aware that minimal breakage or wearing of the temporary crown is a common occurrence between appointments.

Gum Soreness: We also suggest rinsing with warm, salt water (1 teaspoon of salt per glass of warm water) three times a day as a means of minimizing further swelling and discomfort. It's important to continue to brush normally.

What to Expect After a Root Canal?

It is normal to experience some discomfort for a few days after undergoing a root canal, even if your tooth infection has not been symptomatic previously. This discomfort is more pronounced during chewing. It is not uncommon to feel a dull ache after a root canal treatment. In general, this dull discomfort usually fades with one or two weeks. If you are having discomfort that is not being controlled with pain medication or notice swelling, please notify us. In some cases, our dentists may prescribe antibiotics and we urge you to take these as prescribed, even if you feel completely free of symptoms or any signs of infection.

OTC Pain Management: We generally suggest the use of ibuprofen (Motrin, Advil, Ibuprofen), naproxen (Aleve, Anaprox) or acetaminophen (Tylenol).

Crown: the final step:

A crown is placed once the root canal has been completed. A crown is used to provide coverage and protection to the treated tooth (to prevent tooth fracture). Our dentists recommend the placement of a crown *as soon as possible* to prevent possible loss of the tooth.

Delay in obtaining final restoration (crown) can lead to tooth fracture or even loss of the tooth!