

## ROOT CANAL POST CARE INSTRUCTIONS

Congratulations on taking this step to achieve a healthy and confident smile.

### Immediate Instructions

- **Wait to Eat:** Do not eat until the anesthesia completely wears off to avoid accidentally biting your lips, cheeks, or tongue.
- **Avoid Biting Injuries:** Numbness can lead to accidental injuries. Be cautious when talking or eating once numbness fades.
- **Mild Discomfort:** Some tenderness or soreness once the anesthesia fades is normal.

### What to Expect & Pain Management

- Take over-the-counter or prescribed medication exactly as directed for mild to moderate pain.
- You may experience sensitivity when chewing or biting for a few days.
- Some swelling in the gum around the treated tooth is normal.
- Soreness at the injection site is also normal and should improve in a few days.
- Contact our office if you experience severe pain, significant swelling, fever, or signs of infection.
- Pain after a root canal is very normal and is no cause for alarm.

### Oral Hygiene

- Continue brushing and flossing immediately, but avoid hard scrubbing over the treated tooth if it is sore.
- Be gentle around the treated area to prevent irritation.
- Maintain a thorough home hygiene routine to support healing:
  - Brush twice daily for 2 minutes to remove plaque and bacteria.
  - Floss once daily to clean between teeth and below the gumline.
  - Use a Waterpik if recommended.
  - Use regular or prescribed mouthwash as directed.

### Diet

- Avoid chewing on the treated tooth until Dr. White places a permanent filling or crown.
- Eat softer foods for the first 24–48 hours if the area is tender. Recommended options include: soups, smoothies, yogurt, scrambled eggs, oatmeal, pudding, or jello.
- Avoid very hot, hard, crunchy, sticky, or spicy foods that may disturb the area or dislodge any temporary filling.
- Drink plenty of water to stay hydrated and support healing.
- Avoid sugary drinks and alcohol, which can contribute to dry mouth and bacterial growth.

Activity and Lifestyle

- Limit strenuous physical activity for the first 24–48 hours to reduce the risk of discomfort or swelling.

Restoration Reminder

- **IMPORTANT:** Your root canal treatment is **not finished** until the tooth receives a permanent restoration (filling or crown) from Dr. White.
- Please make sure not to miss the next appointment —ideally within 1 month—to prevent reinfection, tooth fracture, or loss of the tooth.