

## Post-Operative Instructions – Root Canal

### What to Expect:

- Mild to moderate tenderness/ achiness for the first week. Pain may radiate in the area.
- Temporary numbness or slight sensitivity
- Bite might feel "off" until the final crown is placed. Tenderness on biting is common until the crown is placed

### Call If You Notice:

- Pain lasts more than 1 week
- Swelling, fever, or bad taste occurs
- Tooth feels loose or crown comes off

### What to Avoid:

- Avoid chewing hard foods on treated tooth until final restoration
- No sticky candies or gum

### What to Do:

- Take over-the-counter or prescribed pain relievers
- Stick to soft foods for 24 hours
- Resume gentle brushing and flossing
- Non-narcotic pain regimen will be given consisting of Tylenol + Ibuprofen (advil/motrin). These two medications taken together will be as effective as a narcotic without the negative side effects of narcotics

### Gibney Pro Tips:

- If your bite feels off, we can adjust it—don't tough it out
- Still waiting for your crown? Avoid popcorn and nuts
- Salt rinses = pain relief and cleanliness

### You Saved Your Tooth!

Root canals = relief + resilience. Follow up with your crown, and you're back to a strong, healthy smile.