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Root Canal Therapy Post op - Bob Ross

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Post op Instructions After Getting Your Root Canal Treatment

You have just completed root canal treatment on your tooth. This procedure removes infection/pain from inside the tooth and helps save it. The following instructions will help ensure proper healing and comfort.

What to Expect

Soreness or tenderness around the treated tooth is normal for a few days.

Mild discomfort when biting or chewing may occur.

The area may feel different until the final restoration (crown or filling) is placed. It is recommended to get a final crown on back teeth within 6 weeks after treatment.

Pain Management

Take **over-the-counter pain relievers** such as ibuprofen (Advil®) or acetaminophen (Tylenol®) as directed, unless otherwise instructed.

If prescription medication was provided, take it exactly as prescribed.

Avoid aspirin directly on the tooth or gums.

Pain can occur from multiple sources including injection trauma from getting dental injections in the area, being open for prolonged periods of time can lead to jaw

soreness and tenderness, the band to hold the isolation in place can lead to gum pain over the next few days and the tooth area from being treated.

Eating & Chewing

Do not eat until numbness wears off to prevent biting your cheek or tongue.

Avoid chewing on the treated tooth until the final restoration is completed.

Avoid hard, sticky, or crunchy foods on that side of your mouth.

Oral Hygiene

Continue brushing and flossing normally, being gentle around the treated tooth.

Keep the area clean to support healing.

Temporary Filling or Crown

If a temporary filling or crown was placed:

Avoid sticky foods (gum, caramel, taffy).

If it becomes loose or falls out, contact our office promptly.

A **permanent crown or filling is essential** to protect the tooth and prevent fracture or reinfection.

Antibiotics (If Prescribed)

Take the entire course as directed, even if symptoms improve.

Contact our office if you experience side effects such as rash or worsening swelling.

When to Call Our Office

Please contact us if you experience:

Severe pain or swelling that worsens after a few days

Swelling of the face, gums, or jaw

Fever or signs of infection

Loss of the temporary filling or crown

Pain that returns after initially improving

Follow-Up Care

Schedule and keep your appointment for the **final restoration** (final crown).

Proper restoration is critical for long-term success of the root canal.

If you have any questions or concerns, please don't hesitate to contact our office.
We're here to help ensure your comfort and healing.