

## **ROOT CANAL**

### **After Care Instructions**

- Numbness: Be very careful not to bite, chew, pinch, or scratch the numb area. You might be numb for several hours after you leave the office.
- It is common for the jaw and gums to be sore following the procedure. Apply ice packs on the affected area for 15 min on, then 15 min off. Repeat as needed in the first 24hrs. Take OTC medications as directed.
- Once the numbness is gone, eat soft foods for the next 1-3 days. Avoid hard/ crunchy foods or as well as very hot or cold foods and drinks as your tooth may be sensitive.
- Continue brushing and flossing your teeth as normal, but be gentle around the treated area.

### **When to Contact the Office**

- Swelling that worsens after 2-3 days.
- Difficulty swallowing or breathing.
- Signs of infection, such as fever, chills, pus, or redness.
- Pain that doesn't improve after taking pain medication, severe pain that lasts more than four hours, or worsening days after the procedure.