PURE SMILE

8000 SW 117th Ave, Suite 100
Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

After your root canal treatment

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- The tooth and area may be sensitive or sore for a few days.
- Your jaw may feel tired from keeping your mouth open.
- The tooth may feel slightly different for a while.
- In most cases, discomfort improves within 3 to 5 days.

The first hours

- For the first hour: do not chew, do not drink very cold or very hot liquids, and do not smoke.
- Do not eat until the anesthesia wears off, so you do not bite your cheek, lip or tongue.
- If there is swelling, put something cold on your cheek for short periods.
- Do not smoke: it slows healing.

Until we place the final restoration

- Eat soft foods (applesauce, yogurt, eggs, fish).
- Do not bite or chew on that tooth: without its final crown or filling it can break.
- Avoid hard or very chewy foods.
- It is normal for a thin layer of the temporary filling to wear away. If it all comes out, call us.
- Book your crown or final filling as soon as possible.

Oral hygiene

- Brush and floss as usual, gently around the treated area.

For discomfort

- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions. If we prescribed a medication, take it exactly as directed.

Call us if...

- Pain or pressure is severe or lasts more than a few days.
- You see swelling inside or outside your mouth.
- You get a rash, hives or itching after a medication.
- Your bite feels uneven.
- The temporary filling came out.
- The symptoms you had before treatment come back.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American Association of Endodontists (AAE). It does not replace your dentist's instructions.