PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · ROOT CANAL

CARE AFTER YOUR ROOT CANAL

How to help the treated tooth heal properly and last for the long term.

1 DISCOMFORT AND MEDICATION

- Mild sensitivity or discomfort when chewing is completely normal for the first **3 to 5 days** while the tissues around the tooth heal.
- **Medication:** Take pain relievers as directed by your dentist.

2 EATING AND PROTECTING THE TOOTH

- **When you chew:** Avoid chewing hard, crunchy or sticky foods on the treated tooth, especially if it has a temporary filling.
- **Protect the tooth:** Do not bite hard objects, to prevent fractures in the weakened tooth.

3 ORAL HYGIENE

- Keep brushing as usual and floss gently around the treated tooth. If it has a temporary, slide the floss out to the side instead of pulling it back up.

4 FINAL RESTORATION (CROWN)

- **Very important:** A root canal leaves the tooth without its nerve, but also more fragile. Get the final restoration your PureSmile Miami dentists recommend **as soon as possible** to avoid fractures that cannot be repaired.

SEVERE PAIN OR UNUSUAL SWELLING?

Call us right away at **(305) 787-3642** if you have intense pain that does not ease or swelling in the gum.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-root-canal

Patient Care Team
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