

Root Canal (Endodontic) Post Operative Instructions

- Refrain from eating anything for at least 2 hours after your root canal or until the dental anesthetic has worn off.
- The root canal tooth usually has only a temporary filling before a final restoration can be made. Therefore, the tooth is in a very weak state. Avoid chewing on this tooth as much as possible. Certainly do not eat any hard or crunchy foods on your root canal tooth until a final restoration has been made!
- Have the final restoration completed as soon as you can to avoid fracture and possible loss of your root canal tooth.
- Some sensitivity or discomfort is not unusual after a root canal procedure. If you have been given a prescription for a pain reliever, start your prescription before the dental anesthetic has worn off.
- Over the counter pain reliever may be all that is required after root canal therapy. Take non-aspirin pain reliever such as ibuprofen (Advil) or Tylenol – unless you are allergic or have a medical condition that prevents using this type of medication.
- Use warm salt water rinses to soothe any soreness of the gums after root canal therapy.
- If you experience increasing soreness, swelling, the temporary filling comes out, or the tooth fractures, call the office as immediately for instructions.