

## Root Canal Post-Operative Instructions

**To control discomfort, take pain medication while the tooth is numb.** To get the medication into your blood system before the anesthesia begins to subside. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

**Wait an hour before you eat.** Eat a soft diet for at least two days and remember not to chew on the treated side. Avoid very hot or cold foods during the healing process.

**To pain and swelling, rinse three times a day with warm salt water.** Dissolve a teaspoon of salt in a cup of warm water, then rinse, swish and spit. It's important to continue to brush and floss normally.

**It's normal to experience discomfort for a few days (or even weeks) after the treatment, especially when chewing.** These conditions exist because the nerves in the teeth are inflamed. Until it heals, then it will feel normal again. Even if you were not experiencing any discomfort prior to treatment.

**Avoid crunchy or hard foods** which could cause the tooth without a crown to fracture.

**You will need a crown on the tooth. A crown covers and protects the tooth from breaking.**

**If your bite feels uneven, you have persistent pain, or have any other questions or concerns, please call our office.**