

## Root Canal Post-Treatment Care

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### **What should I expect following endodontic treatment?**

The root canal system inside your tooth has been thoroughly cleaned, and the irritated tissue and bacteria that have caused you to need root canal treatment are gone.

It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. It is important for you to follow the instructions on how to take these medications. Remember that narcotic medications, if prescribed, may make you drowsy, and caution should be exercised in operating dangerous machinery or driving a car after taking them.

Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, please call the office.

### **Guidelines for Post-Treatment Care**

- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Do not chew or bite on the treated tooth until you have had it restored with a crown.
- Be sure to brush and floss your teeth as you normally would.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, please call the office.
- Call the office right away if you develop any of the following:
  - Visible swelling inside or outside of your mouth
  - Allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction).
  - Original symptoms return
  - Your bite feels uneven