

Root Canal Treatment Home Care Instructions

Congratulations! By saving your tooth with root canal treatment, you have made a significant step towards better oral health. The root canal system inside your tooth has been thoroughly cleaned, shaped and sealed.

It is normal to feel some tenderness in the area over the next few days as your body undergoes the natural healing process. Your tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. 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.

Narcotic medications, if prescribed, may make you drowsy, and caution should be exercised when operating dangerous machinery or driving a car after.

- **Chew gently** on the treated tooth
- Try to chew on the other side of your mouth
- **Be sure to brush and floss your teeth** as you normally would do.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for pieces of it to break loose. **However, if you think the entire filling has come out, contact our office.**
- **Contact our 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)
 - return of original symptoms
 - significant pain or pressure
 - bite feels high or uneven

Do not neglect to make an appointment to place a permanent restoration on your tooth.

Any delay in obtaining a permanent restoration may cause the tooth to fracture or may cause the tooth to become re-infected.

