

POST-TREATMENT INSTRUCTION

Root Canal Treatment & Retreatment

What to expect and how to care for your tooth after treatment.



Call your dentist ASAP to schedule a permanent crown or filling. Delaying this can fracture the tooth or fail the root canal.

1 Care & Eating

- **Discomfort:** Mild soreness for a few days is normal.
- **Numbness:** Do NOT eat until all numbness wears off.
- **Chewing:** Do NOT chew on the treated side until the permanent crown or filling is placed.
- **Foods to Avoid:** Avoid hard foods (nuts, ice, hard pretzels), sticky foods, gum, and temperature extremes.
- **Temporary Filling:** Slight wearing is normal. Brush gently and floss carefully.
- **Gum Soreness Relief:** gentle warm saltwater rinses (1/2 teaspoon of salt in 8 ounces of warm water)

2 Pain Medication

Advil (Ibuprofen) Take 600mg (3 pills) 3 times a day with food for 3 days to reduce pain & swelling.

Extra Pain Combine 2 Advil (400mg) + 1 Extra Strength Tylenol (500mg) every 6 hours (Max 3 times/day).

- **Antibiotics:** If prescribed, please take the entire regimen completely.



WHEN TO CALL US

- Uncontrolled pain or swelling that gets worse.
- Temporary filling or crown falls out completely

