DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Root Canal Post-Treatment Instructions

Your tooth and the tissues around it may feel different for a few days after root canal treatment. This is usually part of normal healing. Follow the instructions given by your dentist and contact us if anything feels unusual or is getting worse.

MILD SORENESS	PROTECT THE TOOTH	FINAL RESTORATION
Tenderness for a few days can be normal.	Avoid hard or heavy chewing on the treated tooth.	Schedule the permanent crown or restoration promptly.

What You May Notice

- Mild tenderness or sensitivity around the treated tooth for a few days.
- Some soreness in your jaw from keeping your mouth open during the procedure.
- The treated tooth may feel slightly different from your other teeth for a short time.
- Symptoms should gradually improve rather than become more severe.

Eating & Numbness

- Do not eat until the numbness has worn off so you do not accidentally bite your cheek, lip, or tongue.
- During the first hour after treatment, avoid chewing, very hot or cold drinks, and smoking.
- Choose softer foods at first if the area is tender.
- Until the tooth has its permanent restoration, avoid hard foods and heavy chewing on that tooth because an unrestored tooth is more vulnerable to fracture.

Medications

- Take any medication exactly as directed by your dentist.
- Over-the-counter pain medication is often sufficient for temporary post-treatment soreness when it is appropriate for you.
- If a prescription medication was provided, follow the label and your dentist's instructions carefully.
- If a medication causes rash, hives, itching, breathing difficulty, or another concerning reaction, seek medical attention and contact the office.

Brushing & Flossing

- Brush and floss normally unless your dentist gives you different instructions.
- Be gentle around the treated area if it is tender.
- Continue regular dental checkups and professional cleanings after treatment.

1545 Saint Marks Plaza, Suite 1, Stockton, CA 95207 | **(209) 957-1244** | **www.dignitydentalpractice.com**

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Protecting Your Root-Canal-Treated Tooth

If You Have a Temporary Filling or Crown

- A temporary restoration protects the tooth between visits, but it is not designed to be the final long-term restoration.
- Avoid sticky, very hard, or crunchy foods on the treated side until the final restoration is placed.
- If the temporary filling or crown comes out, contact Dignity Dental Practice. A very thin layer of temporary material wearing away can sometimes occur.
- If your bite feels uneven or the treated tooth contacts first when you bite, call us so we can check it.

Your Final Crown or Restoration

After root canal treatment is completed, the tooth usually needs a permanent crown or other final restoration to protect it and return it to full function. Please complete this step as soon as your dentist recommends. Delaying the final restoration can leave the tooth more vulnerable to fracture or contamination.

Call Dignity Dental Practice If You Have

- Severe pain or pressure that lasts more than a few days or is getting worse.
- Visible swelling inside or outside your mouth.
- A bite that feels uneven.
- A temporary filling or crown that comes out.
- The same symptoms that you had before treatment returning.
- Any other concern that does not seem to be improving normally.

Important: Root canal treatment removes infection or inflammation from inside the tooth, but the tooth still needs proper restoration and routine dental care. A well-treated and properly restored tooth can function for many years.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.

Patient education based on current American Association of Endodontists guidance. Your dentist's specific instructions should always take priority.

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