



Modern Touch Dentistry
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Root Canal Treatment Post-Operative Instructions:

Immediately After Treatment:

- Do not eat or drink for the first 30 minutes to allow the anesthetic to wear off completely. This prevents accidental biting or irritation to the numb area.
- Avoid hot liquids and strenuous activity for the first 24 hours to minimize swelling and discomfort.
- Apply an ice pack wrapped in a towel to the affected cheek for 15-20 minutes at a time, repeated every 2 hours for the first day to reduce swelling.
- Take three 200 mg Ibuprofen (ie. Motrin, Advil, etc.) combined with 1 extra strength Tylenol Tablets every 6 hours as needed. Avoid aspirin and aspirin-containing products as they can increase bleeding.
- Be cautious with your lips and tongue while your mouth is numb to prevent accidental biting or injury.

General Care:

- Continue to brush and floss regularly, but be gentle around the treated tooth. Use a soft-bristled toothbrush and avoid harsh flossing techniques.
- Avoid chewing on the treated tooth until your permanent restoration is placed. This temporary filling is not as strong as your natural tooth and can be easily damaged.
- Eat soft foods on the opposite side of your mouth until your permanent restoration is placed. Avoid sticky, hard, or crunchy foods that could dislodge the temporary filling.
- Rinse your mouth three times a day with warm salt water (dissolve 1 teaspoon of salt in a cup of warm water). This helps keep the area clean and reduces inflammation.
- Schedule a follow-up appointment with your dentist within 3-4 weeks to have your tooth permanently restored with a crown. Delaying this can lead to fracture or infection.

Additional Information:

- Swelling and discomfort are common after root canal treatment and usually subside within a few days. If you experience severe pain, increased swelling, difficulty breathing, or fever, contact your dentist immediately.
- Your temporary filling may chip or become slightly discolored. This is normal and not a cause for alarm. However, if it falls out or breaks off completely, contact your dentist for a replacement.