



## Endodontic Therapy (Root Canal) Post Operative Instructions

After your procedure, wait until the numbness in your mouth wears off before eating so you will not bite your cheek or tongue. Do not chew or bite down on the treated tooth until it is fully restored by your dentist to avoid damaging it.

As the medication used to numb your mouth during the procedure wears off, you may feel some tenderness in the area for a few days as everything heals and some mild soreness in your jaw from keeping your mouth open for an extended period during the procedure. These temporary symptoms usually respond well to over-the-counter medication

Please follow the guidelines below and contact us with any questions.

- No eating or drinking for the first 30 minutes following your treatment. Allow time for numbness to go away
- If you were given any prescriptions, please have them filled promptly and take them as directed. If no prescriptions were given, you may choose to take ibuprofen medications such as Motrin or Advil (as long as you do not have any allergies to these medications) for alleviation of discomfort and swelling. Alternatively, you may use Tylenol. Do not exceed the guidelines printed on the label for any medication. If you are unable to achieve adequate pain control, please contact our office
- Applying a cold compress to the face near the treatment area will help minimize swelling. While using an ice pack, please do not apply ice directly to your skin. Always place a cloth between the ice and your skin. You may apply the cold compress for up to 20 minutes on and at least 20 minutes off for the next 6-8 hours as needed.
- Once you resume eating and drinking, avoid chewing or biting on the treatment area until your permanent restoration is placed. The temporary filling or crown placed immediately following root canal treatment is usually a soft composite that is vulnerable to fracturing (cracking). You will need to have your tooth restored by your dentist within a month to have a permanent crown or filling placed.
- Some discomfort is normal for 2 to 4 days following root canal therapy. In some cases, the tooth and surrounding tissue may be sore for a few weeks following treatment.

Any questions or concerns, please do not hesitate to call or text Parkwood Dental at 941-254-2595.