ROOT CANAL

Post-Operative Instructions

Restoration
DENTAL STUDIO

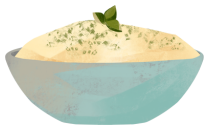
- After your root canal, **it is normal to experience a moderate amount of tenderness.** This sensation should subside within 1-2 weeks, but may last up to 4-6 weeks. Numbness typically lasts for 2-6 hours following treatment, but may last longer.
- It is normal to experience soreness in the jaw and any areas where anesthetic was administered. Occasionally, moderate swelling may occur in the area of treatment. For swelling and pain, it is important that you take a post-operative medication as discussed with Dr. Emily. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers.** **Do NOT wait until discomfort begins to start taking any prescribed or recommended medications.** To minimize swelling, you may also apply an **ice pack or cold compress to the area** (20 minutes on, 20 minutes off).
- It is normal to experience sensitivity for up to **6 months** following your procedure. You may use over-the-counter pain relievers to manage any pain or sensitivity. Please reference the attached sheet for recommended dosages.
- If your procedure was not done in conjunction with the final restoration, the opening in your tooth that the root canal was performed through is currently sealed with a temporary restoration. **It is important to have this temporary filling replaced with a permanent restoration within one month of your root canal procedure to prevent reinfection of the tooth's canal(s) and maintain the structural integrity of your tooth.**
- The final part of the restoration process involves placing a crown on the tooth to provide additional protection and restore full functionality, allowing you to bite and chew comfortably like normal. This helps to ensure long-term durability of the tooth.
- It is important to keep the treated area clean. You can start brushing and flossing like normal the same day as your procedure, unless instructed otherwise.
- **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). For this reason, it is important to avoid chewing on hard substances such as peanuts, pretzels, hard candy, ice cubes, etc.
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

Mac 'n Cheese



Mashed Potatoes

Jello

Applesauce

Soup

Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread

Crackers

Nuts

Cereal

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