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Endodontic (Root Canal) Home Care Instructions

Congratulations! By saving your tooth with root canal treatment, you have made a significant step towards better oral health. The root canal system inside your tooth has been thoroughly cleaned, shaped and sealed.

Please call our office for an appointment to place a permanent restoration on your tooth. Any delay in obtaining a permanent restoration may cause your tooth to fracture or become re-infected.

It is normal to feel some tenderness in the root canal area over the next few days as your body undergoes the natural healing process. You may also feel some tenderness in your jaw from keeping it open for an extended period of time. These symptoms are temporary and usually respond very well to over-the-counter pain medications. Follow the manufacturer's instructions on how to take these medications.

Narcotic medications, if prescribed, may make you drowsy. Do not operate machinery or drive a car while taking these medications.

Your root canal tooth may continue to feel slightly different from your other teeth for some time after your root canal treatment has been completed. However, if you have severe pain or pressure that lasts more than a few days, contact our office immediately.

- **Do not chew or bite on the treated tooth** until it is restored with a permanent crown.
- **Be sure to brush and floss your teeth** as you normally would do.
- If the opening in your tooth was restored with a temporary filling material, it is not unusual for a thin layer to wear off in-between appointments. **However, if you think the entire filling has come out, contact our office.**

Contact our office right away if you develop any of the following:

- Visible swelling inside or outside of your mouth
- Allergic reaction to medication, including rash, hives or itching (nausea is not an allergic reaction)
- Return of original symptoms
- Significant pain
- Bite feels high or uneven