



Endodontic Treatment Post Op Instructions

Please follow the guidelines below and contact us with questions.
Thank you for trusting us with your dental health!

Do not eat or drink for the first 30 minutes following your treatment. Also avoid feeling around your tooth with your tongue. This is to allow the temporary filling sufficient time to harden.

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.

If you were given any prescriptions, please have them filled promptly and take as directed. If no prescriptions were given, you may choose to take ibuprofen medications such as Motrin, Tylenol, or Advil (as long as you do not have any allergies to these medications) for alleviation of discomfort and swelling. Do not exceed the guidelines printed on the label for any medication.

You may use a cold compress near the treatment area to minimize swelling. Please do not apply ice directly to your skin, but instead place a cloth between the ice and your skin at all times. Apply the cold compress for up to 20 minutes on and at least 20 minutes off for the next 6-8 hours as needed.

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 temporary and vulnerable to breaking. Please avoid chewing on hard substances such as peanuts, pretzels, hard candy, ice cubes, etc. You may experience increased sensitivity prior to the placement of the final restoration. You will need to have your permanent crown or filling placed a few weeks following treatment. Foregoing your final restoration will put you at risk for decay development. If your temporary restoration falls out, please contact us as soon as possible. If your temporary falls out after office hours, you may purchase some temporary filling material from a pharmacy and follow the included instructions to cover the area until you can be seen in our office.

Please keep the treated area clean by gently brushing and flossing regularly.

Continue taking your regular medications as prescribed.

Please note: While flare-ups are rare, they occur in about 5% of cases. This generally occurs with extremely irritated and/or infected teeth, or those with history of prior endodontic treatment. Flare-ups may also occur randomly. If you have a flare-up, you may experience moderate to severe pain, swelling, throbbing, or general discomfort. Please contact our office right away if you feel you are experiencing a flare-up. You may be prescribed additional medication such as antibiotics, and/or you may be asked to come to the office for further treatment.