

ROOT CANAL POSTOPERATIVE INSTRUCTIONS

WHAT TO DO:

- DO reduce pain and swelling by taking ibuprofen (Advil, Motrin, etc.) before all the numbness is gone.
- DO consume soft, nutritious foods and drink plenty of liquids to help the healing process. Chew food gently to help your jaw stay active.
- DO take all antibiotic medications prescribed to you, as directed.
- DO maintain proper oral hygiene; brush and floss your teeth twice a day.

WHAT NOT TO DO:

- DO NOT eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- DO NOT chew or bite on the treated tooth until you have had it restored.

WHAT TO EXPECT:

- It is normal to feel some tenderness in the area for a few days. You may also feel some tenderness in your jaw. These symptoms are temporary. Reduce discomfort and swelling by gently rinsing your mouth with **warm salt water** (1 teaspoon of salt with one cup of lukewarm water) at least 3 times a day. Gargle, rinse and spit until the mixture is gone.
- Your tooth may feel slightly different from your other teeth for some time.
- A root canal is only one step in returning your tooth to full function. A proper final restoration of the tooth is important to long-term success.
- The tooth that has had a root canal followed by a proper restoration can last as long as your other natural teeth. However, occasionally, the tooth may become painful or diseased months or even years after successful treatment.
- If you have severe pain or pressure that lasts more than a few days and you're not making steady improvement in healing, please contact us at 206-615-1835. If you are having an emergency, call 9-1-1.