

Post-operative Instructions after having Root Canal Therapy

It is recommended that you limit your physical activity the first 24 hours after Root Canal Therapy. This helps prevent problems developing near the treatment site. To minimize swelling, use ice packs intermittently, 15 minutes on and 15 minutes off, until bedtime if possible. Swelling and bruising is normal and may take up to a week to resolve. Sometimes it may increase and peak as late as 3 or 4 days following Root Canal Treatment. The treatment area may be uncomfortable for several days. Tenderness should decrease slowly as the area heals and may remain evident for several weeks as healing progresses.

Be sure to take any prescribed antibiotics as directed, as they must be taken for the full course to insure that 100% of the bacteria are eliminated. If you are taking birth control pills and antibiotics, an additional method of birth control is recommended through the completion of the cycle, as the antibiotic may inactivate the birth control pills. Be sure to take any prescribed pain relief medications as directed.

After 24 hours, begin gentle brushing of the treated area. Follow a soft diet the day of and day after your treatment. After that time, cut food into small pieces. Soft nourishing foods are excellent. Examples include juices, pureed vegetables, soups, gelatin, ice cream, yogurt and applesauce. Drink plenty of liquids!

Smoking or chewing tobacco products during the first week after your treatment will increase the risk of infection and hinder the healing process.

- Avoid eating or drinking hot foods or beverages until the numbness has entirely dissipated.
- Do not intake alcohol or other recreational drugs while you are taking pain medication for treatment of your tooth.
- Avoid chewing on the treated tooth until all tenderness has disappeared
- Brush your teeth as usual after 24 hours