

Home Care Instructions After Root Canal Treatment

- During the root canal treatment, the infected root canals are disinfected. However, the toxins released by bacteria in your root canal may continue to cause some soreness or mild discomfort for a few days or even weeks. It takes time for your immune system to remove these toxins. Therefore, it is normal to feel some tenderness as your tooth is undergoing the natural healing process.
- You may also feel some tenderness in your jaw from keeping it open for an extended period of time or from where the anesthetic was injected. These symptoms are temporary and usually respond very well to over-the-counter pain medications.
- It is recommended that you take over-the-counter pain medications within one hour of leaving our office. We recommended ibuprofen (Morin, Advil, or Aleve)-600mg. If discomfort or pain persists, it is recommended that you take 600mg every 6 hours as needed for 2-3 days.
- If you have a medical condition or gastrointestinal disorder which precludes ibuprofen, acetaminophen (Tylenol, Excedrin) is a substitute. Although it does not contain anti-inflammatory properties, Aspirin and aspirin-containing products are NOT advisable, as they tend to increase bleeding from the area that was treated.
- Take any prescribed medications (ie antibiotics) as directed.
- Do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek or tongue.
- Your tooth may be sensitive to biting pressure. Avoid chewing on the affected side until all tenderness is gone.
- Do not chew or bite on the treated tooth until it is restored by your dentist.
- 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 us.
 1. SEVERE pain or pressure
 2. SWELLING
 3. Allergic reaction to medication, including rash, hives or itching
 4. Your bite feels uneven
- Please call Dr. Tran if you have any questions or concerns regarding your root canal treatment.