

POST- OPERATIVE INSTRUCTIONS AFTER ROOT CANAL THERAPY

1. Avoid biting your cheek or tongue if you choose to eat prior to the numbness wearing off.
2. Reduce chewing or biting on the treated tooth until you have had your permanent crown.
3. It is normal to feel some tenderness in the area for a few days after your root canal therapy as your body undergoes the natural healing process.
4. You may also feel some tenderness in your jaw from keeping it open for an extended period. These symptoms will decrease over time; it may take as much as **a week or more.** Temporary symptoms usually respond well to over-the-counter pain medications such Tylenol and Ibuprofen,
(Ibuprofen 600 / 800 mg every six hours for three days.)

Taking care of your tooth

- Treat the tooth like a wound, be gentle. Give time to heal.
- Root canal has been completed; a temporary crown has been placed to protect the tooth. Please avoid eating anything chewy, sticky, hard or crunchy on this side of your mouth. **Do not floss your temporary crown**, it has been cemented with temporary cement and you may pull it with the floss.
- Antibiotics are prescribed only if needed. Not all Root canal treatments need them.

Call/Text our office at (661) 829-7905

*If you have any concerns or are experiencing pain that increases as time goes by.

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