



Novato Family Dental Care

BE TREATED LIKE FAMILY

POST OP INSTRUCTIONS FOR ROOT CANALS

You have just received a root canal. Here are a few suggestions on caring for your tooth.

IMMEDIATE CARE

- It is normal to feel some tenderness after your root canal. This may take days to feel better as your body goes through the healing process.
- You may feel tenderness in your jaw from opening your jaw for so long
- Over the counter medications like Advil, Motrin, or Tylenol work very well at relieving the symptoms.
- Please do not eat anything until the numbness in your mouth wears off. This will prevent you from biting your cheek and tongue.
- Do not chew or bite on the treated teeth until they are restored with a permanent crown or filling. Root canal treated teeth are liable to fracture if left untreated.
- *Call the office if you develop any of the following:*
 - A visible swelling inside or outside your mouth.
 - An allergic reaction to medication, including hives or itching.
 - Return of original symptoms
 - Your bite feels uneven.

LONG TERM CARE

- It is important to have the tooth properly restored once the root canal is finished to avoid a fracture of your tooth.
- The tooth may feel different from your other teeth for quite some time. It will feel different to tapping or biting. The gums around the tooth may be a bit tender to the touch.
- Proper oral hygiene, including brushing and flossing is important. We may take follow up xrays on the treated tooth to make sure the root canal is healing properly. At times a root canal treated tooth can become reinfected. This may involve repeating the root canal procedure or extraction.