

Young Smiles Family Dentistry

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Root Canal Post Treatment Instructions

Right After Treatment

- Avoid chewing, hot or cold drinks and smoking for at least the first hour. Smoking can interfere with the healing process and should be avoided.
- Some tenderness in the treated tooth, and mild jaw soreness, is normal for a few days.

Caring for Your Tooth

- Brush and floss gently around the treated area.
- Don't chew hard foods or using the treated tooth for biting down heavily until your dentist gives the okay.

Managing Pain

- Over-the-counter pain relievers usually work well.
- If stronger prescription medicine is given, take it exactly as directed. Avoid driving or operating machinery while taking it.

Next Steps

- You will need a **permanent crown** to fully restore your tooth. Schedule this appointment as soon as your dentist recommends.
- With proper care, a treated tooth can last as long as your natural teeth.

When to Call Your Dentist

- Swelling in or around your mouth
- Allergic reactions such as rash, itching, or hives
- Severe or worsening pain that doesn't improve after a few days
- Your bite feels uneven or uncomfortable
- A temporary crown becomes loose or falls out
- Any symptoms you had before the root canal return

Maintaining Oral Health

- Brush and floss daily.
- Attend regular dental checkups and cleanings.
- Even a successful root canal may require retreatment years later, but early care usually saves the tooth.

Please call the office if you have any further questions or concerns