



POST-OPERATIVE INSTRUCTIONS

After Root Canal Therapy

Restorative · Cisco Dental — Dental Fitness

Root canal therapy removes infected or inflamed tissue from inside the tooth and seals it, relieving pain and saving the tooth. The tooth is now hollow and more brittle, so protecting it until its final restoration is essential.

The first few days

- It is normal for the tooth and surrounding area to feel tender or bruised for several days, especially when biting — the inflammation that brought you in takes time to settle.
- Take any prescribed medication exactly as directed, and finish antibiotics completely.
- An over-the-counter anti-inflammatory such as ibuprofen, taken as labeled, manages most discomfort.

Protect the tooth

- Chew on the other side and avoid hard or crunchy foods on the treated tooth until its permanent restoration (usually a crown) is placed.
- A tooth after a root canal can fracture if stressed before it is properly rebuilt — do not delay the final restoration.
- If a temporary filling comes out, call (254) 442-2000 promptly so the seal is not lost.

Hygiene

- Brush and clean between your teeth normally, including the treated tooth.

When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)