

**POST-OPERATIVE INSTRUCTIONS**

# After a Root Canal

Comfort while the tooth settles & the final crown

Your treated tooth may feel tender or sensitive to biting for a few days while the surrounding tissue calms down — this is normal and usually eases with over-the-counter pain relievers. A temporary filling protects the tooth until your permanent crown or restoration is placed.

**✓ Do**

- ✓ Wait until the numbness fully wears off before eating to avoid biting your cheek, lip, or tongue.
- ✓ Take an anti-inflammatory like ibuprofen as directed for tenderness.
- ✓ Chew on the opposite side until your permanent restoration is placed.
- ✓ Brush and floss normally — keep the area clean.
- ✓ Finish any prescribed antibiotics.
- ✓ Schedule your permanent crown promptly to protect the tooth from fracture.

**✗ Avoid**

- ✗ Don't chew or bite directly on the treated tooth until the final crown is in place.
- ✗ Avoid hard, crunchy, or sticky foods that could crack the tooth or pull out the temporary filling.
- ✗ Don't delay the permanent restoration — an unprotected tooth can break.
- ✗ Avoid very hot or very cold foods if the tooth feels sensitive.

**📞 Call us if...**

Severe pain or pressure lasts more than a few days · you notice visible swelling inside or outside the mouth · your bite feels uneven or "high" · the temporary filling falls out · you have a reaction to a prescribed medication.