



POST OP INSTRUCTIONS FOR ROOT CANALS

After a root canal, it's crucial to follow post-operative instructions to ensure proper healing and prevent complications. These instructions usually include avoiding chewing on the treated tooth for a period, taking prescribed medications, and maintaining good oral hygiene.

Diet and Chewing: For the first few days, opt for soft foods like yogurt, mashed potatoes, or smoothies. Avoid chewing gum or other sticky foods, as they could dislodge the temporary filling/crown.

Pain Management: Take prescribed medications: Follow your dentist's instructions regarding pain relievers and antibiotics, if prescribed. If no prescriptions are given, ibuprofen (Motrin, Advil) or acetaminophen (Tylenol) can be used for pain and swelling. Rinsing with warm salt water (1/2 teaspoon salt in 1/2 cup warm water) three times a day can help soothe the area and reduce swelling.

Oral Hygiene: Brush and floss your teeth as usual, but be gentle around the treated area.

Other Important Considerations: If you experience severe pain, swelling, or other concerning symptoms, when medication is not helping, contact the office.

Be Patient: Healing after a root canal can take time, and some discomfort or sensitivity may persist for a few days.

Temporary Filling/Crown: It's common for the temporary filling to divot or break. This is not a problem and doesn't require immediate attention. Avoid chewing on the temporary filling: It's a temporary measure and should not be used for chewing.

Diamond Dental of Sacramento

2711 Watt Ave, Sacramento, CA 95821

(916) 483-5900 / DiamondDentalofSacramento.com