

Post-Operative Care Instructions After Root Canal

Congratulations on completing your root canal procedure! It is important to follow the post-operative care instructions to ensure a smooth recovery and prevent any complications. Here are some guidelines to keep in mind:

1. Pain Management

- It is normal to experience some discomfort after the procedure. Over-the-counter pain medication such as ibuprofen or acetaminophen can help alleviate pain.
- Your dentist may also prescribe a pain medication if needed. Follow the instructions carefully and do not exceed the recommended dosage.

2. Oral Hygiene

- Maintaining good oral hygiene is crucial to prevent infection and promote healing. Brush your teeth gently twice a day with a soft-bristled toothbrush.
- Avoid flossing or using a water pick in the treated area until it has fully healed.
- Rinse your mouth with warm saltwater (1/2 teaspoon of salt in 8 ounces of water) 2-3 times a day to promote healing.

3. Diet

- It is important to avoid eating or drinking anything until the numbness in your mouth wears off to prevent biting your cheek or tongue.
- For the first few days after the procedure, avoid hard, crunchy, or sticky foods that can irritate the treated area. Stick to soft, bland foods such as soup, yogurt, and mashed potatoes.
- Avoid alcohol and smoking for at least 24 hours after the procedure, as they can interfere with the healing process.

4. Follow-up Appointment

- It is essential to attend your follow-up appointment with your dentist to monitor your progress and ensure proper healing.
- If you experience any severe pain, swelling, or bleeding, contact your dentist immediately.

Following these post-operative care instructions can help ensure a successful recovery after a root canal. If you have any questions or concerns, do not hesitate to reach out to us.