



TCD SPECIALTY GROUP

A Division of Total Care Dental & Orthodontics
ortho | endo | pedo | os | perio

Root Canal After-Care Instructions

Please review these instructions carefully to **support healing and comfort** after your procedure.

Mild discomfort is normal. Most patients recover quickly with proper care.



What Is Normal After Your Procedure

- Mild soreness or tenderness for a few days
- Sensitivity when biting or chewing
- Slight swelling around the treated tooth
- Temporary numbness if local anesthesia was used

These symptoms are common and should improve each day.



Managing Discomfort

- Take prescribed medications exactly as directed
- Over-the-counter pain relievers (such as ibuprofen or acetaminophen) may be used, unless your provider advises otherwise.
- Avoid chewing on the treated tooth until tenderness improves



Eating After Your Root Canal

- Avoid eating until numbness has completely worn off
- Start with soft foods for the first 24 hours
- Avoid hard, sticky, or crunchy foods on the treated side
- Chew on the opposite side of your mouth when possible



Keeping the Area Clean

- Continue brushing and flossing as usual
- Be gentle around the treated tooth for the first few days
- Rinse with warm salt water if recommended by your provider



Important

If your tooth has a temporary filling or crown, it is important to follow up with your general dentist as soon as possible for the final restoration. ***Delaying final treatment may increase the risk of damage or reinfection to the tooth.***

Need help or have questions? We're here for you.

Please contact us promptly if you notice any of the following:

- Severe pain that does not improve
- Swelling that increases after **2-3 days**
- Fever or signs of infection
- A cracked, loose, or missing temporary restoration

Contact our office:  **866-TCD-0003**  www.tcdsg.com