After Your Root Canal Treatment

You've taken an important step toward saving your tooth. These simple steps help keep your tooth comfortable and protected as it heals.

Today • Eat gently and stay comfortable

Wait until numbness wears off before chewing, and follow any waiting time given for your temporary filling. Avoid hot drinks while numb.

Choose soft foods and chew on the other side. Protect the treated tooth from hard, sticky, or crunchy foods until fully restored and cleared for chewing.

Follow your pain-relief plan and prescription labels. Do not exceed doses or combine products with the same ingredient. Do not drive if medicine makes you drowsy.

Take antibiotics only if prescribed, exactly as directed.

Over the next few days • What to expect

Tenderness when biting, jaw soreness, or soreness where you were numbed is common and should gradually ease.

Your bite should feel even. If this tooth hits first, arrange a bite adjustment during office hours; avoid chewing on it until adjusted.

Until your next visit • Protect and clean

Brush and floss gently as usual. If you have a temporary crown, slide floss out to the side instead of pulling it upward.

A thin surface layer of a temporary filling may wear away. If a large piece is lost, an open hole appears, or the temporary crown comes off, arrange prompt repair.

Do not use household glue or try to repair the tooth yourself.

Finish protecting your tooth

Keep any remaining root canal visits. Schedule your permanent crown as soon as advised to seal and protect your tooth.

Even when soreness is gone, avoid chewing on this tooth until we confirm it is ready.

Keep your planned follow-up visits so we can complete and check your treatment.

If You Need Additional Care

Call our office at (281) 852-2230 for severe pain that does not improve with medication taken as directed, or worsening facial swelling, with or without fever. If the office is closed and care cannot wait, seek urgent dental care.

For emergencies: Go to the ER for swelling spreading toward the eye or neck. Call 911 for difficulty breathing or swallowing.