



BUI FAMILY DENTISTRY

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POST-OPERATIVE INSTRUCTIONS FOR ROOT CANAL THERAPY

Temporary Filling and Crown Care:

- If a temporary filling or crown was placed, avoid foods that are hard or sticky (such as nuts, fruit snacks). Avoid gum or foods that can pull the temporary out.
- **A permanent crown or restoration is required to protect the tooth. Failure to place the final restoration may result in reinfection or fracture.**

Pain – Mild pain, sensitivity, or tenderness in the treated tooth and surrounding area is normal for a few days. **Avoid chewing on the treated tooth until discomfort subsides.**

Medications – If antibiotics are prescribed, take as directed and finish the entire course. Over the counter ibuprofen or acetaminophen should be used to address discomfort. For significant discomfort, take 400-600mg ibuprofen and 500-1000mg acetaminophen together then alternate every 6-8 hours as needed. Avoid ibuprofen if you have stomach ulcers, kidney disease, or are advised to avoid NSAIDs; avoid acetaminophen if you have liver disease. Please be advised that certain medications may reduce the effectiveness of oral contraceptives.

Swelling – Mild swelling and bruising is also normal. Please call the office if swelling worsens or if swelling is accompanied by a fever.

Diet – Avoid eating and drinking until numbness has completely worn off. For the first 24 hours, choose softer foods and avoid extremely hot or cold temperatures. Resume normal diet as comfort allows.

Oral Hygiene – For the first 24 hours, be gentle around the treated tooth. Continue normal homecare procedures (including flossing) for the rest of your mouth.

Please call the office for:

- Lost temporary filling or crown
- Biting pain that does not improve
- Uncontrolled pain
- Excessive swelling
- Fever

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Your Forever Dental Home