

# ROOT CANAL AFTERCARE INFORMATION

Root canal therapy is a very straightforward procedure that offers excellent outcomes, it does however, affect the structure of the tooth, and it is important that you follow these aftercare steps to ensure the tooth heals properly and doesn't become damaged or fractured in the weeks following your procedure.

## FIRST 24 HOURS

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- Take painkillers as prescribed you can also help relieve pain and swelling by applying an ice or cold pack to the outside of your mouth for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin
- The dentist will immediately place a temporary crown on the tooth to help protect it from damage but it's still recommended you:
- Avoid hot drinks, and take small sips when drinking fluids.
- Eat soft foods in small mouthfuls.
- Do not smoke or drink alcohol.
- Do not rinse your mouth and avoid spitting.
- Take it easy. In particular, avoid exercise.

## AFTER 24 HOURS

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- Be careful when brushing and flossing near the temporary crown site for 3-4 days and always brush carefully around the area.
- Stick to a liquid or soft food diet for the first day or two. Examples include soups, yoghurts, fruit milkshakes, smoothies, mashed potatoes, etc. Avoid spicy foods, hot or fizzy drinks for 3-4 days, to prevent irritation and burn.
- Avoid crunchy or hard foods. Even if you're trying hard not to chew on the treated side of your mouth, consuming foods that are hard or crunchy can still increase your risk of damaging the temporary filling that's used to seal the tooth until a permanent crown can be placed over the tooth. Hard foods can damage the filling or even cause the tooth to break off requiring an extraction. To be extra safe, try to avoid these foods completely until the final crown is in place.
- Mild swelling and bruising may follow your root canal treatment. These effects occur in the anaesthetic point of entry and should subside in a short time. If you experience an excessive amount of swelling, make sure to call us!

## PERMENANT CROWN

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- For most patients, having a root canal is part of the process to save an infected tooth. For the long-term strength and support of the tooth that had root canal treatment, a buildup and crown should be completed in the few weeks following the procedure, please ensure you keep your appointments.

### INFORMATION SUPPLIED BY:



### ANY PROBLEMS...

### CONTACT DETAILS

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