



Root Canal Therapy After Care

After a root canal, you can expect to experience mild discomfort for a few days, but recovery time is usually less than a week. Here are some post-op tips to help you heal:

Avoid certain foods

For at least two days, eat a soft diet and avoid hard, crunchy, chewy, spicy, and sticky foods. Also avoid hot or cold foods and drinks, which can increase pain or be harmful to anesthetized tissues.

Don't chew on the treated side

Try to chew on the opposite side of your mouth until you have a crown. You should also avoid biting down hard with the treated tooth until your dentist or endodontist says it's okay.

Take it easy

Don't eat or drink for the first 30 minutes after treatment to allow the temporary filling to harden. You should also avoid feeling around your tooth with your tongue.

Reduce swelling

Apply an ice pack to the area for 10-15 minutes every hour for the first 4-6 hours. You can also use frozen vegetables like peas.

Take medication

If your dentist prescribed medication, take it as directed. If you didn't receive a prescription, you can try over-the-counter ibuprofen or acetaminophen to help with pain and swelling. Don't exceed the recommended dosage on the label.

Don't smoke

Smoking can make it harder for your tooth to heal, so you should try to take a break after your procedure.