

# **BRAZOS DENTAL GROUP: Root Canal Post-Op Instructions**

**\*\*\*PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY\*\*\***

Sometimes the after-effects of dental procedures are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, if you have a question, follow these guidelines or call our office for clarification. Our number is:  
**979-285-2121 / 361-972-2888**

## **Endodontics Special Considerations**

Several factors influence post-treatment sensations. In many cases, if you experienced pain prior to treatment, the sensation may persist for a few days following the procedure. Typically, you should feel minimal discomfort during the days following treatment; however, the body's immune response may be the cause of some inflammation or soreness. Swelling should gradually subside in one to three days.

## **Post-Operative Instructions for Endodontic Surgery**

Following post-operative instructions will prevent injury to your teeth, complications with healing, and the need for further treatment. This advice is meant to help the patient achieve optimal healing following a root canal treatment. Please adhere to these instructions unless you are advised otherwise by your endodontist.

1. Avoid eating for the first 6-8 hours after surgery.
2. Place a cold pack, ice bag or a bag of frozen vegetables (such as peas) wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery.
3. Take ibuprofen or acetaminophen (never aspirin) to alleviate discomfort.
4. Rinse with warm salt water (beginning 24 hours after the procedure) after meals and before going to bed.
5. Elevate your head during sleep with an extra pillow to reduce swelling.
6. Refrain from smoking, consuming alcohol, and exercising for the next 48 hours.
7. Continue brushing and flossing in all areas of the mouth except the treatment site for a week.
8. Avoid heavy chewing on the treated tooth for at least a week.
9. Take any prescribed antibiotics as directed.
10. Return to the dentist to replace the temporary filling within a one to two week period.