



Root Canal Treatment Home Care Instructions

You did it! We told you the root canal treatment wouldn't be so difficult. And now you get to keep your wonderful, natural tooth. Here are some things to expect now:

- If you have any pain at all when you go home, it should go away in a day or so. Some of the materials we use can irritate your jaw a little, and will stop bothering you once they set, which takes about a day.
- Not all cases will have you leaving without any discomfort. If you came to the appointment with discomfort, this is a predictor that you may have discomfort when you go home. On the bright side, it is usually much less uncomfortable than the discomfort you came in with. A root canal infection is a chronic condition of inflammation. It did not get to this condition instantaneously, so you shouldn't expect it to return to normal any more quickly. Now that the infection is gone, your body needs a little time to clean up the inflammation.
- If you're getting a crown placed on the tooth, but we either didn't have time today to get to that or you've decided to postpone it, be very careful, especially with the back teeth. Once we take the blood supply and nerve out of the tooth, it stops getting fluids and nutrients. This causes the tooth to become brittle and susceptible to fractures; This is why we recommend the crown in the first place. So, use a little TLC (tender, loving care) until you get your crown. This means trying to chew on the other side and avoiding particularly hard or crunchy foods. Got it?

Now you can finally get a full-night's sleep if this tooth was keeping you up at night. Sweet dreams.

