

## ROOT CANAL

Following root canal therapy, it's important to take some precautions and follow certain instructions to ensure proper healing and recovery. Here are some general guidelines to follow:

- 1 Take prescribed medications:** Your dentist or endodontist may prescribe antibiotics or pain medication to prevent infection and manage discomfort. Take these medications as directed, and if you experience any adverse reactions, contact your dentist.
- 2 Avoid chewing on the treated tooth:** To allow the tooth to heal properly, avoid chewing on the treated tooth until the permanent restoration (such as a crown) is placed. Stick to soft foods and avoid biting down directly on the treated tooth to prevent discomfort or damage.
- 3 Practice good oral hygiene:** Brush and floss your teeth regularly, but be gentle around the treated area to avoid irritation. Use a soft-bristled toothbrush and avoid vigorous brushing or flossing near the root canal site.
- 4 Attend follow-up appointments:** Follow your dentist's instructions regarding follow-up appointments. These appointments are crucial for monitoring the healing process and ensuring the success of the root canal treatment.
- 5 Avoid hard or crunchy foods:** Avoid hard or crunchy foods that could potentially dislodge or damage the temporary filling or permanent restoration. Stick to softer foods until the tooth is fully restored.
- 6 Manage discomfort:** It's normal to experience some discomfort or sensitivity following root canal therapy. Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help alleviate any discomfort. If pain persists or worsens, contact your dentist.
- 7 Avoid extreme temperatures:** Avoid consuming extremely hot or cold foods and beverages, as sensitivity to temperature changes is common after root canal therapy. Stick to lukewarm or room temperature foods and drinks to minimize discomfort.
- 8 Report any unusual symptoms:** If you experience severe pain, swelling, persistent bleeding, or any other unusual symptoms following root canal therapy, contact your dentist immediately. These could be signs of complications that require prompt attention.
- 9 Follow post-treatment instructions:** Your dentist may provide specific post-treatment instructions tailored to your individual needs. Follow these instructions carefully to ensure proper healing and recovery.
- 10 Maintain regular dental check-ups:** Attend regular dental check-ups and cleanings to maintain the health of your teeth and prevent future dental problems.

By following these instructions and practicing good oral hygiene, you can help ensure the success of your root canal therapy and maintain the health of your teeth and gums. If you have any questions or concerns about post-root canal care, don't hesitate to contact your dentist for guidance.