

Root Canal

Detailed Aftercare Instructions

Follow your treating dentist's specific directions first.

Numbness

- Your tooth and nearby area may stay numb for 2–4 hours.
- Do not chew on the treated side until numbness wears off — you could bite your cheek or tongue.
- Avoid hot foods and drinks until feeling returns.

Pain & Sensitivity

- Mild to moderate soreness, tenderness when biting, and gum tenderness are normal for a few days.
- Soreness usually improves a little each day.
- Take pain relief as directed by your dentist.
- A brief flare-up of pain in the first days can happen; call us if it is severe or keeps getting worse.
- If you were given antibiotics, finish the full course, even if you feel better.
- Tell us about any allergies, especially to pain medicines or antibiotics.

Eating & Drinking

- Eat soft foods on the opposite side until the permanent restoration is placed.
- Avoid hard, crunchy, sticky, or chewy foods on the treated tooth — it can crack without its final crown or filling.
- Avoid chewing gum on the treated side.
- Drink plenty of water.

Temporary Filling or Crown

- You may have a temporary filling or temporary crown. It protects the tooth until your next visit.
- Avoid sticky foods (caramel, gummy candy, gum) on that tooth — they can pull the temporary out.
- If the temporary filling or crown comes out, feels high, or breaks, call us promptly.
- Keep your appointment for the permanent filling or crown — the tooth is not fully protected until then.

Oral Hygiene

- Brush normally, gently around the treated tooth.
- Floss carefully: slide the floss out to the side instead of pulling it straight up, so you do not lift the temporary filling.
- Rinse with warm salt water if the gum feels sore.

What to Expect

- The tooth may feel “different” or slightly tender for a week or two.
- Mild gum swelling near the tooth can occur and should fade.
- The tooth no longer has a live nerve, so it will not feel hot or cold the way it did before.

Warning Signs

- Call us if you have: pain that keeps getting worse after the first few days; swelling that grows; a pimple or bump on the gum near the tooth; fever; or the tooth feels much higher than the others when you bite.
- An allergic reaction to medication (rash, itching, swelling of lips/tongue) needs prompt care.

Follow-Up

- Keep your appointment for the permanent restoration — this step protects the tooth from fracture and re-infection.
- Tell us about any ongoing pain, swelling, or problems at that visit.

Call us right away or seek emergency care if you have:

- Bleeding that will not stop.
- Trouble breathing or swallowing.
- Severe swelling, fever, or pain not relieved by medication.
- Signs of an allergic reaction: rash, itching, or swelling of the lips or tongue.
- Pus, a bad taste that keeps getting worse, or swelling that spreads to the face or neck.

For a life-threatening emergency, call 911.

Questions or Follow-Up

Office: 718-584-9777

TEXT MESSAGE ONLY: 516-855-8033

For follow-up after a recent procedure.

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This sheet is general guidance and does not replace your dentist's instructions.