



**SOUTHSIDE
ENDODONTICS**
NEAL HORN DDS MS

Comprehensive Guide for Post-Root Canal Care and Pain Management

Introduction

After a root canal treatment, it's crucial to take proper care of your tooth and manage any discomfort. Following these guidelines will help ensure a smooth recovery and maintain the health of your treated tooth.

Pain Management

- Alternate between ibuprofen (Advil) and acetaminophen (Tylenol) every 3 hours.
 - Ibuprofen (Advil): 600mg (3 tablets)
 - Acetaminophen (Tylenol): 1000mg (2 tablets)
- If pain worsens, replace acetaminophen with the prescribed pain medication.

Infection Control

- Antibiotics: Not needed in all cases. If prescribed, follow the instructions on the bottle and finish all pills.
- If pain worsens after taking antibiotics, or if you develop facial swelling, contact our office immediately.

Optional:

- Apply a cold compress to the outside of your cheek for 15 minutes at a time, with 15-minute breaks in between, to reduce swelling and numb the area.
- Gently rinse your mouth with warm saltwater (1/2 teaspoon of salt in 8 ounces of warm water) several times a day to keep the area clean and reduce discomfort.

Office Contact Info

Dr. Neal Horn, DDS, MS



[+1 817-386-9007](tel:+1817-386-9007)



office@southsideendodontics.com

Caring for Your Tooth

Oral Hygiene:

- Brush your teeth gently but thoroughly twice a day.
- Floss daily to keep the area around the treated tooth clean.
- Avoid brushing the treated area too vigorously.

Diet:

- Eat soft foods like yogurt, mashed potatoes, and soup for the first few days.
- Avoid hard, crunchy, or sticky foods that could damage the temporary filling or cause discomfort.

Temporary Filling Care:

- Avoid chewing on the side of your mouth with the treated tooth until your permanent crown or filling is placed.
- Be cautious with food temperatures, avoiding very hot or very cold foods that might cause sensitivity.

Rest:

- Get plenty of rest to allow your body to heal.
- Avoid strenuous activities for the first few days after the procedure.

Signs to Watch For

- Persistent pain: Mild discomfort is normal, but persistent or severe pain could indicate a problem.
- Swelling or fever: These could be signs of infection and require immediate attention.
- Cracked or lost filling: Contact your dentist if the temporary filling is damaged.

Conclusion

By following these guidelines, you can ensure a smooth recovery from your root canal treatment. Maintaining good oral hygiene, managing pain effectively, and adhering to your dentist's instructions will help protect your treated tooth and promote healing. If you have any concerns or unusual symptoms, don't hesitate to us for further guidance.