



POST OPERATIVE ADVICE AFTER A ROOT CANAL TREATMENT

Dear patient,

Your root canal treatment has been completed successfully! We understand that this is an important dental procedure, and we would like to inform you about what to expect after the treatment so that you can be well-prepared and experience a successful recovery.

What to Expect after the Root Canal Treatment:

1. Post-treatment discomfort (Pain):

It is normal to experience some level of post-treatment discomfort or sensitivity after the root canal treatment. This discomfort is usually mild and may last for a few days. In most cases, it can be relieved with over-the-counter painkillers such as paracetamol or ibuprofen. If the pain persists or becomes severe, please contact your dentist for advice.

2. Tooth Sensitivity:

Your tooth may be more sensitive than usual, especially when biting on something cold or hot. This sensitivity should gradually diminish as the tooth heals.

3. Swelling:

Some patients may experience mild swelling in the area around the treated tooth. This is typically temporary and can be reduced by applying ice to the outside of your cheek for up to 20 minutes at a time.

4. Temporary limitation in mouth opening:

Some patients may experience a temporary limitation in their mouth opening after the treatment. This is normal and will gradually improve as the healing progresses.



Advice for Post-Treatment Care:

1. Pain Relief:

If you experience any discomfort or post-treatment pain, you can use over-the-counter painkillers such as paracetamol or ibuprofen according to the recommended dosage on the packaging. If you have been prescribed pain medication, follow your dentist's instructions carefully.

2. Avoid Hard Foods:

Limit chewing on the side where the root canal treatment was performed, and avoid hard foods and crunchy snacks. Opt for soft foods that won't overly stress your teeth and gums.

3. Oral Hygiene:

Continue to diligently brush and floss your teeth, but be gentle around the treated tooth to avoid exerting extra pressure. If needed, use a toothpaste for sensitive teeth.

4. Avoid Extreme Temperatures:

During the first few days after the treatment, avoid consuming extremely hot or cold beverages and food.

5. Avoid Smoking and Alcohol:

Refrain from smoking and avoid alcoholic beverages, as they can slow down your recovery and impact the healing process.

6. Follow Your Dentist's Instructions:

If your dentist has provided specific instructions for your recovery, make sure to follow them closely.

Post-Treatment Care and Follow-Up Appointment:

It is essential to attend the scheduled post-treatment care and follow-up appointment with your dentist. During this visit, your dentist can assess the progress of your recovery and ensure that the treatment has been successful.

If you have any questions or concerns about your recovery after the root canal treatment, please do not hesitate to contact your dentist. We are here to support you and ensure that your recovery process is as comfortable and effective as possible.

Sincerely,
Pure Care Tandartsen