

## What to Expect After a Root Canal

1. Do not eat or chew until the numbness wears off. It is very easy to inadvertently cause serious damage to your lip, tongue, and cheek while numb.
2. You may begin chewing soft foods on the tooth within a few days. Expect the tooth to be sore and to have a bruised feeling in the jaw around the tooth for several weeks afterward.
3. Take prescribed medication according to instructions. If no prescription was required, take over the counter pain medication (i.e. Advil) three times per day for three days. Remember, it is easier to prevent pain before it starts than to relieve it, so take a dose of pain medication before the numbness wears off.
4. Warm moist compresses help in the event of soreness or mild aching.
5. Remember that **all back teeth** and many front teeth need to have a crown or onlay placed as soon as possible to prevent the tooth from breaking. Because the tooth has lost its blood supply, it no longer receives nourishment. This causes the tooth to become more brittle and increases the chance of a fracture. Teeth that have had root canals and are not covered with a crown or onlay often break and must be extracted.
6. If you have been prescribed an antibiotic, continue taking it until it is completely gone. Even if you no longer have pain or soreness, you should take **all of the antibiotic**.

After Hours Emergency Number  
817-689-3837