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Root Canal Treatment Post-operative Instructions

- If you experience gum sensitivity after treatment, rinse with warm saltwater. Mix a half-cup of water to a half teaspoon of salt.
- If you feel some soreness at the injections site, you may take Motrin or Tylenol as needed.
- Please take all medications that the doctor has given you as directed. If you have an antibiotic, please take until the prescription is complete.
- Eat a soft diet for at least two days and do not chew on the treated side. Avoid very hot or cold foods during the healing process.
- Avoid crunchy or hard foods, which could cause the tooth to fracture.
- Smoking delays the healing process, therefore you should not smoke during the first 24 hours and minimize the number of times you smoke during the remaining healing process.
- Avoid drinking alcoholic beverages.
- Avoid strenuous exercise for 24 hours.
- It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root-canal therapy. This should subside within a few days (or even weeks.)