

# Root Canal Therapy (RCT) Post-Op Instructions

Modern Dental Concepts | Dr. Gursharanjit Singh, DMD | (330) 847-0676

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## 1. Recovery Tenderness:

The treated tooth and jaw may feel sore or tender to pressure for 3-5 days.

This is standard inflammation. Take ibuprofen or prescribed medications as directed.

## 2. Care for the Temporary Filling:

A temporary filling is typically placed to seal the tooth before a permanent crown.

Avoid chewing directly on this side until the permanent restoration is completed.

## 3. Diet Rules:

Avoid hard, sticky, or extremely crunchy foods (ice, caramel, nuts) that could fracture the temporary seal or tooth structure.

## 4. Daily Oral Hygiene:

Continue to brush and floss the area gently. Pull floss out sideways rather than snapping it up to avoid pulling out the temporary filling.

Be sure to schedule your permanent crown/restoration as soon as recommended.