



Home Care After Root Canal Treatment

Your tooth has been cleaned and sealed on the inside. These steps help it heal and protect it until it gets its final crown or filling. If anything worries you, call us at **(330) 847-0676**.

Right after your visit

- Your lip, cheek and tongue may stay numb for a few hours. Wait until the numbness is gone before you eat, so you do not bite yourself.
- Your jaw may feel sore from holding your mouth open. This goes away in a day or two.

What is normal

- The tooth and gum may feel tender for a few days, especially when you bite. Most people feel better within **3 to 5 days**.
- Tenderness is more likely if the tooth hurt or was infected before treatment.
- Each day should feel a little better than the day before.

Pain relief

- Over-the-counter pain medicine is usually enough.
- If your cheek is swollen, hold a cold pack on it for 20 minutes at a time.
- Research shows that **ibuprofen** (Advil, Motrin) taken together with **acetaminophen** (Tylenol) works well for most people after dental treatment. It often works better than opioid pain pills, with fewer side effects.
- Take your first dose before the numbness wears off.
- Do not take more acetaminophen than the label allows. Many cold and flu medicines also contain it.
- Ask us before taking ibuprofen if you take a blood thinner, have kidney disease, stomach ulcers or stomach bleeding, or are pregnant.
- If we prescribed an antibiotic, take every dose until it is gone.

Take pain medicine the way Dr. Singh told you to. If you were not given directions, follow the package label.

Protect the tooth until it is fully repaired

- **Do not chew or bite hard on the treated tooth** until it has its crown or permanent filling. A tooth that has had a root canal is more brittle and can crack.
- On that side, avoid sticky or hard foods such as gum, caramel, ice, nuts and hard candy.
- If you have a temporary filling, it is normal for a thin layer to wear away. If it falls out or a large piece breaks off, call us. The filling keeps germs out of the tooth.



Keep it clean

- Brush and floss as usual.
- Next to a temporary filling, slide the floss out to the side instead of pulling it back up. This keeps the filling in place.

Do not wait on the final crown or filling

Book your crown or filling as soon as we recommend it. Waiting gives the tooth time to crack or get infected again. A cracked tooth may not be able to be saved.

Call us at (330) 847-0676 if you have:

- Severe pain or pressure, or pain that lasts more than a few days or gets worse instead of better
- Swelling inside or outside your mouth
- A rash, hives or itching after taking a medicine. Stop the medicine and call.
- The same symptoms you had before treatment
- A temporary filling that falls out
- A bite that feels uneven or "high" when you close

Call 911 or go to the emergency room if you have trouble breathing or swallowing, swelling that spreads quickly toward your eye, neck or under your jaw.

Based on: American Association of Endodontists, patient guidance on root canal pain and aftercare; American Dental Association, 2024 guideline on managing dental pain (JADA 2024;155:102-117). Modern Dental Concepts, Updated October 2026.