



Redwater Dental Clinic

4940 48 St, Redwater, AB | 780-942-4691 | redwaterdentalclinic.com
Text us at 855-577-1105

POST ROOT CANAL TREATMENT INSTRUCTIONS

Please read and keep this sheet for reference.

What to Expect After Your Procedure

Root canal treatment removes infected or inflamed tissue from inside your tooth. It is normal to experience some of the following:

- Mild to moderate soreness or tenderness around the treated tooth, especially when biting or applying pressure.
- Slight swelling or inflammation in the surrounding gum tissue.
- Tooth sensitivity to temperature, which typically resolves as healing progresses.
- A feeling that the tooth is “different” or slightly raised — this often settles within a few days.

Discomfort typically peaks within 24–48 hours and gradually subsides over the following few days.

Managing Discomfort

- Ibuprofen (Advil/Motrin) 400–600 mg every 6–8 hours with food, unless contraindicated (kidney issues, blood thinners, stomach ulcers).
- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours as an alternative or in combination with ibuprofen.
- If a prescription was provided, follow the label and complete the full course.
- Avoid aspirin, as it can increase the risk of bleeding.

Eating & Drinking

- Wait until the freezing has fully worn off before eating to avoid biting your cheek or tongue.
- Avoid chewing on the treated side until your permanent crown has been placed.
- Stick to soft foods for the first 24–48 hours (yogurt, soup, mashed potatoes).
- Avoid hard, crunchy, or sticky foods that may dislodge the temporary restoration.

Oral Hygiene

- Continue brushing and flossing normally, being gentle around the treated area.
- Rinse with warm salt water (1/2 tsp salt in a glass of warm water) 2–3 times daily.
- Avoid vigorous rinsing or spitting forcefully for the first 24 hours.

Your Temporary Restoration

- Avoid hard or sticky foods on the treated side — temporaries are not as durable as permanent restorations.
- Contact us promptly if your temporary filling comes out or feels significantly loose.

- Your permanent crown must be placed as soon as possible to protect the tooth from fracture or re-infection. Do not delay this appointment.

When to Contact Our Office

- Severe or worsening pain not controlled by over-the-counter medication.
- Significant swelling of the face, jaw, or neck.
- Fever over 38°C (100.4°F).
- Visible pus or discharge around the treated tooth.
- Your bite feels significantly off or uneven several days after treatment.
- Your temporary restoration has come out or is completely loose.

Questions or Concerns? We're Here to Help.

Call: 780-942-4691 | Text: 855-577-1105 | redwaterdentalclinic.com
4940 48 St, Redwater, AB | After-hours: leave a voicemail and we'll respond promptly.

This handout is for informational purposes only and does not replace professional dental advice. Always follow the specific guidance provided by your dental provider.