

Care After Root Canal Treatment

Thank you for choosing Scarborough Dental & Implant Clinic for your treatment. Root canal treatment is carried out to remove infection or inflammation from inside a tooth and help preserve your natural tooth.

It is normal for the tooth to feel different for a short time after treatment. Please follow the advice below to help your tooth heal and protect it while it is being restored.

Immediately After Your Treatment

- Your tooth and surrounding area may feel numb for a few hours following the local anaesthetic.
- Take care not to bite your cheek, lip or tongue while you are numb.
- Avoid eating or drinking anything very hot until the numbness has completely worn off.
- Your tooth may feel tender or sensitive when biting for a few days. This is usually temporary.
- If you have been given a temporary filling, take extra care when eating until your final restoration has been placed.

Eating & Drinking

Once the numbness has worn off, you can eat and drink normally unless your dentist has advised otherwise.

Until your tooth has been permanently restored:

- Avoid chewing hard or sticky foods on the treated tooth.
- Try to chew on the opposite side where possible.
- Avoid biting directly onto hard foods such as ice, nuts or hard sweets.
- Be particularly careful if you have a temporary filling, as it can be more vulnerable to damage.

A root-treated tooth can be more susceptible to fracture, so it is important to have the recommended final restoration completed.

Brushing & Cleaning

Good oral hygiene remains important following root canal treatment.

- Brush twice a day for two minutes using fluoride toothpaste.
- Clean carefully around the treated tooth and gum.
- Clean between your teeth every day using floss or interdental brushes.
- Continue your usual oral hygiene routine unless your dentist has advised otherwise.

Keeping the tooth and surrounding gums clean helps reduce the risk of further problems.

What Is Normal?

You may experience:

- Mild tenderness when biting or chewing.
- Some sensitivity or discomfort around the treated tooth.
- Slight tenderness in the surrounding gum.



This should gradually improve over the following days.

You can take your usual pain relief if required, provided it is suitable for you and you normally take it safely. Follow the instructions on the packaging or advice given by your dental team.

Your Final Restoration

Root canal treatment removes the infected or inflamed tissue from inside the tooth, but the tooth may still require further treatment to restore its strength.

Your dentist will advise you whether you need a crown, filling or another restoration.

It is important to attend your follow-up appointment and have the tooth permanently restored as recommended. Delaying the final restoration may increase the risk of the tooth fracturing or developing further problems.

When Should I Contact the Practice?

Please contact us if:

- Pain is severe, persistent or getting worse rather than improving.
- You develop significant swelling.
- You develop swelling of the face or jaw.
- Your temporary filling comes out.
- Your tooth feels significantly higher than your other teeth when biting.
- You develop any symptoms that concern you.

If you experience significant facial swelling, difficulty breathing or difficulty swallowing, seek urgent medical attention.

Looking After Your Tooth Long Term

A root-treated tooth can function for many years with good care. However, it is still important to maintain excellent oral hygiene and attend regular dental examinations.

Continue to:

- Brush twice daily with fluoride toothpaste.
- Clean between your teeth every day.
- Attend regular dental examinations and hygiene appointments.
- Have the recommended permanent restoration completed promptly.

Your natural tooth has been preserved, looking after it properly can help you enjoy it for many years to come.

Need Help?

If you have any concerns following your root canal treatment, please contact Scarborough Dental & Implant Clinic and our team will be happy to help.

Scarborough Dental & Implant Clinic

21 Falsgrave Road, Scarborough, YO12 5EA

01723 818584

www.scarboroughdentalimplantclinic.com