



## Root Canal Post-Op Instructions

Please follow the instructions below to ensure the best results.

At The Smile Mission we often schedule the root canal, followed by a build up and preparation of crown all in the same visit. After a tooth has a root canal -> the tooth is weakened, and it is important to have a crown done to help protect it.

# 01

- DO NOT:**
- Smoke for one week; this can interfere with healing.
  - Spit or suck through a straw as it promotes bleeding.
  - Rinse mouth vigorously for 24 hours.

# 02

Eat with soft foods until you get your final crown. If possible, avoid eating in the area where the root canal was done.

*It is normal to experience some discomfort for several days after a root canal, especially when chewing. To control the discomfort, take pain medication as recommended. To further reduce the pain and swelling, rinse with warm salt water*

If you have any questions or need to talk to us, do not hesitate to **call** us, **write** to us on **social media**, or **email** us and we will gladly help you.