



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Root Canal Post-Operative Instructions

Helpful guidance for caring for your tooth after root canal treatment and knowing when to contact our dental team.

AFTER YOUR ROOT CANAL

Mild tenderness or sensitivity can be normal while the treated tooth and surrounding tissues recover.

PROTECT YOUR TOOTH

Follow your provider's instructions and avoid putting unnecessary pressure on the treated tooth until your restoration is complete.

QUICK GUIDE

01	Pain & Sensitivity
02	Eating & Chewing
03	Temporary Filling / Crown
04	Oral Hygiene
05	Medications
06	Normal Recovery
07	Warning Signs

01 Pain & Sensitivity

- Some tenderness or sensitivity may occur after root canal treatment, especially when chewing.
- Take medications only as directed by your dental provider.
- Contact our office if pain becomes severe, continues to worsen, or does not improve as expected.

02 Eating & Chewing

- Follow any specific eating instructions provided by your dental team.
- Avoid chewing hard or sticky foods on the treated tooth until your permanent restoration is placed or your provider confirms it is safe.
- If the tooth has a temporary filling or temporary crown, take extra care when eating.

03 Temporary Filling or Crown

- If a temporary restoration was placed, protect it until your next appointment.
- If the temporary restoration comes out, contact Connect Family Dental for guidance and an appointment if needed.
- Do not attempt to permanently repair or re-cement a restoration yourself.

04 Oral Hygiene

- Continue brushing and flossing as directed by your dental team.
- Be gentle around the treated area if it feels tender.
- Keep your mouth clean to support overall oral health and healing.

05 Medications

- Use prescribed or recommended medications exactly as directed.
- Do not take more medication than instructed.
- Tell your dental provider about any medication concerns or unexpected reactions.

06 Normal Recovery

- The treated tooth may feel different or mildly tender for a short period.
- Follow your scheduled restoration or follow-up appointment so the tooth can be properly protected.
- If your provider gave you instructions that differ from this guide, follow your provider's instructions.

07 — IMPORTANT: WARNING SIGNS — CALL US

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us promptly for:

- Severe or worsening pain
- Significant or increasing swelling
- Fever or other concerning symptoms
- A restoration that becomes loose or comes out
- Any symptoms that feel unexpected or concerning

Important Note

These instructions are general information and may not apply to every patient or procedure. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

(203) 745-4244

info@connectfamilydental.com

953 Dixwell Ave, Hamden, CT 06514

Questions after your root canal? Please give our dental team a call.