

# At Home Care For Root Canals

Your follow up appointment is: \_\_\_\_\_ Office Phone: 469 353 6964

## **Pain**

You may experience some increased soreness around your gums where the tooth was treated.  
You may experience some tenderness to touch and chewing on the tooth treated.  
Pain should subside after 2-3 days.

## **Diet**

You may eat soft foods for the first few days. If the tooth is not protected with a crown do not attempt to chew hard foods.

## **Bleeding**

You may have some bleeding around the gums, but this should subside quickly by the next day.

## **Temporary**

It is possible that you may have a temporary filling in your root canal. Be sure not to pull it out by chewing sticky foods or poking it with a toothpick or other sharp object.

## **Hygiene**

Brush and floss regularly, unless directed differently by our staff.

## **Follow up**

We would like to see you back at certain intervals through the year to see if healing is taking place with the root canal.