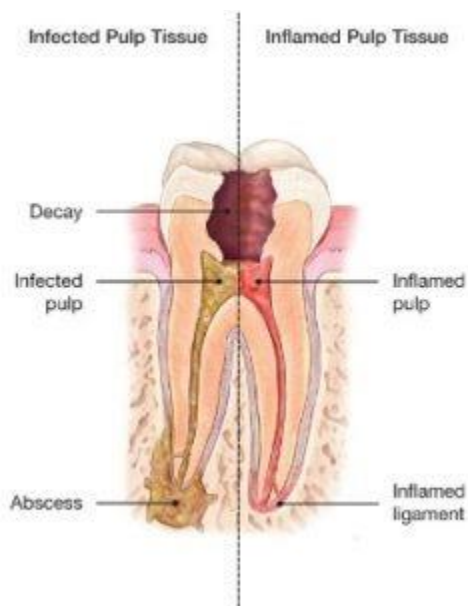


What to Expect after a Root Canal

Root canal treatment is an often straightforward procedure to [relieve dental pain](#) and save your teeth. Patients typically need a root canal when there is inflammation or infection in the roots of a tooth.

During [root canal treatment](#), your dentist carefully removes the pulp inside the tooth, cleans, disinfects and shapes the root canals, and places a filling to seal the space.



After your procedure, your dentist will send you home with instructions for pain management and how to care for your tooth while recovering from treatment and until a follow-up visit. Following guidelines for care is especially important if a temporary filling or crown is in place.

As the medication used to numb your mouth during the procedure wears off, you may feel some tenderness in the area for a few days as everything heals and some mild soreness in your jaw from keeping your mouth open for an extended period during the procedure. These temporary symptoms usually respond well to over-the-counter medication.

Though you may experience a slightly different sensation from your treated tooth than your other teeth for some time, you should contact your provider immediately if you experience any of the following symptoms:

- Severe pain or pressure lasting more than a few days
- Visible swelling inside or outside your mouth
- An allergic reaction to medication (rash, hives or itching)
- Your bite feels uneven
- The temporary crown or filling, if one was put in place, comes out (losing a thin layer is normal)
- Symptoms you experienced prior to treatment return

After a root canal, it's important to take special care of the affected tooth for a few weeks or until your tooth is fully restored. You can brush and floss as usual, but make sure to be gentle around the treated area. Avoid chewing on hard foods or using the treated tooth for biting down heavily until you've been cleared by your endodontist or dentist.

You should not chew, drink hot or cold liquids, or smoke for the first hour. Additionally, smoking can interfere with the healing process and should be avoided.

Once your [root canal](#) and any follow-up appointments are completed, **you may need to return to your dentist for a final crown to fully restore the tooth.** A properly treated and restored tooth can last as long as your natural teeth.

What Can I eat after a root canal?

After a root canal, try to eat soft foods that require very little chewing, like applesauce, yogurt, eggs, and fish. Avoid hard or hot foods that might hurt your teeth. Some dentists suggest to not eat for a few hours until the numbness in your mouth wears off so you don't bite your cheek or tongue.