SUMMIT ENDODONTICS

Meghan E. Hatfield, D.M.D. | Board-Certified Endodontist
Practice Limited to Endodontics · Specialty #6070

POSTOPERATIVE INSTRUCTIONS
Following Root Canal Treatment

Eating and Drinking

Please do not eat or chew until the numbness has completely worn off. Avoid hot beverages until the anesthesia has worn off to prevent accidental burns. You may drink fluids immediately following treatment.

Protecting Your Tooth

Until your tooth has been permanently restored, avoid chewing hard, crunchy, or sticky foods on the treated tooth. Foods such as hard breads, nuts, and chewy meats may dislodge the temporary filling or cause the tooth to fracture. Once properly restored, your tooth can function normally. However, it remains susceptible to decay and requires good oral hygiene and regular dental care.

Tenderness and Discomfort

Some tenderness in the treated tooth or surrounding gum tissue is normal for several days following treatment and should gradually improve.

Gentle rinsing with warm salt water (½ teaspoon of salt dissolved in a glass of warm water) may help soothe irritated tissue.

Pain Management

Over-the-counter anti-inflammatory medications, such as ibuprofen (Advil or Motrin) or naproxen (Aleve), are generally effective in managing postoperative discomfort. If you are unable to take these medications, acetaminophen (Tylenol) may be an appropriate alternative.

Please follow Dr. Hatfield's recommendations and the medication dosing instructions. If you have medical conditions or take medications that may interact with these medications, consult your physician or pharmacist before taking them. If Dr. Hatfield has prescribed an antibiotic or pain medication, please take it exactly as directed.

Permanent Restoration

Please contact your general dentist or prosthodontist promptly to schedule an appointment for a permanent filling or crown.

A permanent restoration is essential to protect the treated tooth from fracture and reinfection. The appropriate restoration will depend on the location and condition of the tooth.

Your treatment records and radiographs will be forwarded to your dentist's office.

Follow-Up

You will receive an email reminder approximately six months after treatment. Please contact our office at that time to schedule a follow-up examination.

During this appointment, we will evaluate the treated tooth and take a radiograph, if indicated, to monitor healing and ensure the tooth has been properly restored.

This follow-up visit is included in your treatment fee at no additional charge.

If you experience increasing pain, swelling, or have any questions or concerns following treatment, please do not hesitate to contact our office. We are always happy to assist you.



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