

After-Care Instructions: Root Canal

1. When medication is prescribed for you, immediately get the medication and take the indicated amount. Do it immediately while your lip or tooth is numb! **DO NOT** wait till your tooth wakes up to see if it hurts to take the medication!
2. Avoid any excess activity.
3. You need to lie down with several pillows under you head. **DO NOT** lie down flat on your back!
4. Frequently place a warm moist face cloth against the side of the face being treated. Rinsing with warm salt water will be helpful.
5. You need to eat foods that are soft. **DO NOT** chew on the root canal tooth! Drink clear liquids and keep up your nutritional intake.

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