

# Manteca Dental Care

| Rick Van Tran, DDS |  
& Associates

---

## Home Care Instructions After Root Canal Therapy

1. Use SALT WATER rinses inside after meals, and HEAT should be applied to the treated area on the outside for two days after treatment.
2. EATING should be limited to the side of the mouth opposite the treated tooth.
3. SORENESS is not unusual for several days after treatment. Pain medication may be necessary for the first six to twelve hours.
4. Keep the area clean by brushing after meals.
5. When we restore your treated tooth, please tell us if the new crown or filling feels “too high” or “different” when you bite down. You should not even be “aware” that the crown touches before the other teeth come in contact. A correct bite can save you unnecessary persistent pain, and even protect you from losing the tooth. It is YOUR responsibility to inform us while having the new crown cemented in place.
6. After final restoration of your tooth, don't be surprised if you experience symptoms during the healing process. Each treated tooth responds differently. Some will have no symptoms while others may experience symptoms that will disappear with time. BE PATIENT with the healing process. It takes approximately one year for complete healing.
7. Recommended medication for pain: Advil 800 mg twice a day post operative.

If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!