

VASUPUJYA DENTAL

Post Op Instructions for Root Canal Therapy

- **Initial Care**

1. No chewable foods to be consumed for at least 3 hours after the procedure.
2. Take the first dose of your **pain killer within 45 minutes** of your procedure.
3. Don NOT gargle vigorously or brush your teeth for 12 hours after the root canal treatment.

- **Dietary Guidelines (to be followed for 1 week after the procedure)**

1. Consume Soft foods at room temperature [Soft Food Diet]

(eg Khichdi, Curd Rice, Dal Rice, White Sauce Pasta, Sheera, Bread Butter, Idli, Upma Etc)

2. Food should **NOT** be spicy.
3. Consume cold things like smoothies and ice-creams to help soothe the treated area.

- **What to expect**

1. The effect of anesthesia takes 2-4 hours to wear off.
Since you have no sensation there are chances that you end up biting your cheek or lip area and might even hurt the treated area.
So be careful and don't chew anything till the effect of the anesthesia wears off.
2. Slight discomfort is normal and should subside in the next 3-4 days.

- **What to Avoid**

1. Do NOT chew any tobacco or smoke for 3 days

- **At Home Care**

1. After 12 hours of treatment you can brush your teeth but be gentle on the treated site.
2. Mucogrity can also be applied in case of ulcers. Apply Mucogrity at the treated site with a clean finger or a cotton bud BEFORE consuming food.
3. Take your meds on time.