

Royal Dental Group

Dr. Ayman Ghobashy DDS

General Dentistry & Endodontics

3000 L St. Suite. 205

Sacramento, CA 95816

Phone: (916) 452-1884

Fax: (916) 452-1885

ROOT CANAL POST OP INSTRUCTIONS

- Must **wait 1 hour before eating** after the root canal appointment.
Temporary filling will be soft and will take 1 hour to harden.
- **Do not eat anything hard**, crunchy or sticky on this tooth. Your filling is temporary and will only last about 2-4 weeks with gentle care.
- When flossing, **slide the floss out** instead of popping it back out. This will prevent your temporary filling from coming loose.
- Recommended to take **600mg of ibuprofen 3 times a day** for the next three days even if there is no pain.
- **Return to your general dentist immediately for the permanent filling and crown on the tooth.**

Cold sensitivity will immediately go away, but bite sensitivity will take a while to go away and may be relieved once the crown is placed