

After root canal treatment

Preventing further damage and saving the tooth (RCT)

Root canal treatment is a dental procedure to remove dead or dying tissue from inside a tooth. This further stops infection and prevents it from spreading further. Root-canal-treated tooth can function normally and can be maintained with routine dental care and oral hygiene measures.

It is recommended to cap/crown the root canal treated teeth as it is liable to fracture.



✓ Do's

Follow the instruction of your dentist.



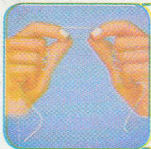
Practice good oral hygiene.

To reduce pain and swelling, rinse three times a day with warm salt water.



In case of excessive pain or discomfort please call your dentist.

Use a soft brush and fluoride toothpaste.



Clean your teeth with dental floss.

Have regular dental checkups.

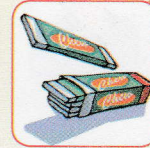


✗ Don'ts



Self-medication during pain.

Biting on the tooth being treated.



Chewing sticky foods.

Eating hard foods and hard substances.



Consumption of sweet drinks and sweets or starchy foods.

Smoking.

