



SAUDI
ENDODONTIC SOCIETY
الجمعية السعودية
لعلاج جذور و اعصاب الاسنان

Root Canal Aftercare:

What You Need to Know



This educational brochure is part of a collaborative initiative between the Endodontic Division at the College of Dentistry, Princess Nourah bint Abdulrahman University, and the Saudi Endodontic Society

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WHAT TO EXPECT AFTER ROOT CANAL TREATMENT

1- Mild pain or sensitivity for a few days

2- Numbness for a few hours after treatment

3- Temporary filling will be placed. Then you will be referred for a permanent filling or crown to fully protect the tooth

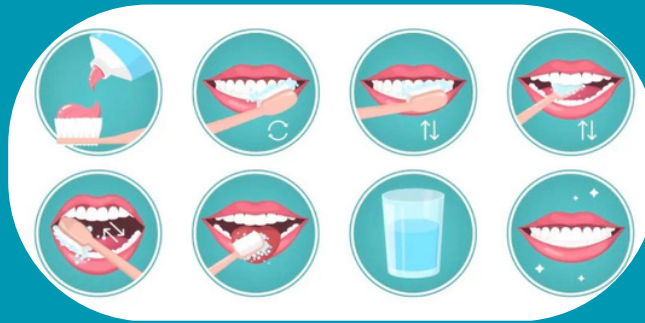
PAIN MANAGEMENT

- Take pain medication as prescribed
- Avoid chewing until numbness wears off
- If pain gets worse, contact your dentist

EATING AND DRINKING TIPS

- Eat soft foods (e.g., soup, yogurt, mashed potatoes)
- Avoid hard, crunchy, or sticky foods
- Do not chew on the treated side

ORAL HYGIENE



- Brush and floss gently around the treated area
- Keep your mouth clean to prevent infection
- Use mouthwash if recommended by your dentist

FOLLOW-UP APPOINTMENT

- A permanent filling or crown is usually needed

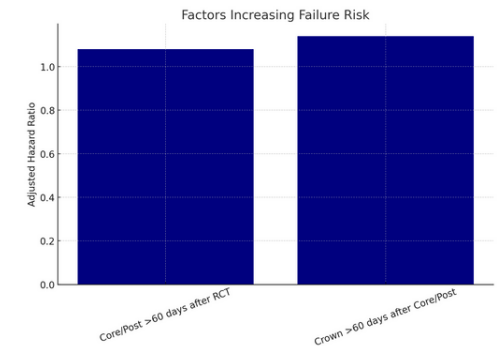


Figure 1:

Delayed treatment steps increase the likelihood of failure. Placing a core/post more than 60 days after RCT, or placing the crown more than 60 days after the core/post, significantly raises failure risk. Early restoration improves prognosis.

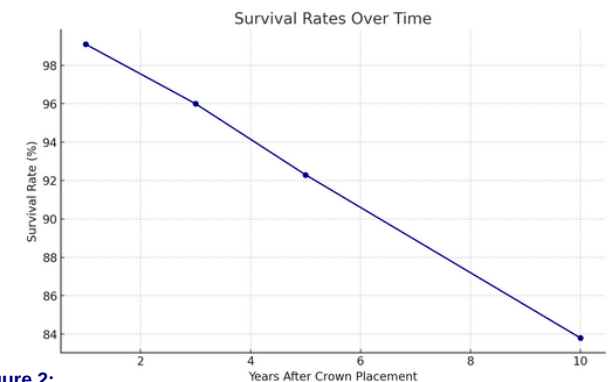


Figure 2:

This graph shows the long-term survival of root-canal-treated teeth after crown placement. Survival remains high—above 90% for the first 5 years—demonstrating the strong protective effect of full-coverage crowns.

- Do not skip your follow-up visit usually scheduled within 1–2 weeks after the treatment