

INSTRUCTIONS AFTER CLEANING ROOT CANAL - TOOTH TREATMENT

1. The patient should not consume food until anesthesia reduces, because there is a risk of injury.
2. It is recommended that the patient takes a pain relief tablet (e.g. Ibuprofen) about 30 minutes after the procedure.
3. It is recommended that the patient does not eat hot, hard or spicy food for the first few days.
4. Patients are advised not to smoke cigarettes during that period.
5. After each meal, rinse your mouth with water, salt water or chilled camomile tea.
6. It is recommended to perform oral hygiene, especially the first two weeks.
7. Clean teeth and gums with a cottonstick that is previously wetted in a 0.12% CHX (chlorhexidine) rinse solution and rinse your mouth one minute with the same fluid. The tooth-brushing with paste and rinsing with CHX solution should be at least half an hour apart.
8. As long as your teeth and gums are sensitive, wash them with a soft toothbrush.
9. As soon as possible - clean the interdental space with dental floss or with interdental brushes that we personally recommend.