

Root Canal Recovery Checklist

Pre-Procedure Checklist

- Eat a light meal 2 hours before (unless sedated)
- Arrange ride home if using sedation
- Avoid alcohol/tobacco 24 hrs prior
- Bring list of current medications

Day-of & Post-Procedure Checklist

- Take prescribed antibiotics full course
- Use OTC pain relievers as needed
- Stick to soft foods only (see infographic)
- No chewing on treated side until crown placed
- Call us immediately if: swelling increases, fever >101°F, or pain worsens

Long-Term Maintenance Checklist

- Schedule crown placement within 2 weeks
- Brush & floss twice daily
- Return for 6-month check-ups