TANGER BAY
DENTAL CENTER

Post-root canal care

Tanger Bay Dental Center

Endodontics

Congratulations — your tooth has been saved!

Your tooth has been treated and saved. To ensure the long-term success of your treatment, here are the golden rules to follow.

1 Crown placement: an essential step

A root-canal-treated tooth is more fragile and brittle than a natural tooth.

The risk

Without protection, the tooth can fracture vertically — which often leads to extraction.

The solution

A **crown** (or onlay) reinforces the tooth, protects it and seals it against bacteria. It is your tooth's lifeline — don't delay this step.



A crown protecting a root-canal-treated tooth.

2 Be careful while chewing

1. Until the final crown is placed, avoid biting **hard** foods (nuts, ice, hard bread) or sticky foods on the treated side.
2. Some sensitivity to pressure is normal in the first few days.



Chewing on the opposite side during the transition phase.

3 Excellent oral hygiene

1. Brush **twice a day** with a soft toothbrush.
2. Use floss or interdental brushes around the treated tooth to prevent gum problems.



Flossing around the treated tooth.

4 Regular follow-up

1. A treated tooth must be monitored with **X-rays** to check bone healing.
2. Attend your check-ups every **6 to 12 months** — early detection prevents complications.



Follow-up X-ray of the treated tooth.

Your next appointment Date : .....

Follow-up every 6 to 12 months

A treated tooth is monitored with X-rays to confirm proper healing. Book your check-up so any issue is caught early.

ISSUED BY

Tanger Bay Dental Center — Dr Haitham Boutaib

+212 6 60 02 22 63 Tangier, Morocco tangerbay.ma

Information sheet — does not replace your dentist's advice.