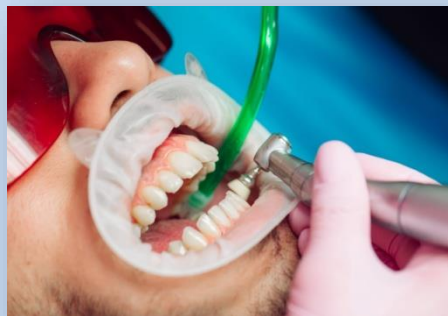


What Should You Eat After a Root Canal Treatment?

Maybe you are starving for so long during the treatment. Thinking of What you should eat after the treatment? But remember to avoid eating until the numbness does not disappear entirely and regain the sensations again.

You can relish eating soft and liquid foods after your [root canal](#) treatment to avoid damage and irritation, and you should allow your mouth to recover by not eating hard food that can cause injury.

The treatment of **root canal procedures** is less uncomfortable than a tooth extraction. You need a soft food stock to avoid the treated tooth's stress.



Foods You Can Consume After a Root Canal Treatment:

Many patients can eat soft foods comfortably and efficiently after a root canal treatment as long as they avoid nibbling or biting down on the treated tooth.

You can use the list mentioned below of soft foods to build your meals after your root canal treatment:

1. Dairy
2. Yoghourt
3. Soft cheeses
4. Fruits and Vegetables
5. Pureed soup
6. Smoothies
7. Bananas

8. Mangos
9. Peaches
10. Mashed potatoes
11. Baked sweet potatoes
12. Avocado
13. Proteins
14. Eggs
15. Nut butter
16. Legumes (beans, lentils, split peas)
17. Grains
18. Pasta
19. Oatmeal

Consult your doctor and have detailed information on the aftercare information.



Foods That you Should Avoid After a Root Canal Treatment:

Avoid some types of food after a root canal treatment because they can deepen or worsen the sensitivity you're experiencing or because they may disturb temporary filling. As your sensitivity gets normal over the days, you can carefully reintroduce them again into your diet.

Avoid Food That Are:

1. You need to avoid food that is very hot and very cold. This food can irritate sensitive teeth.
2. Avoid sticky foods like caramels and other candies that can stick in your mouth.
3. Try avoiding chewy foods like crusty bread.

4. Dont eat hard foods like nuts.

5. You should not eat crunchy foods like chips, as they can hurt.

As you heal with your treatment and the permanent restoration is placed, you can return to your regular diet. But in case you find that your treated tooth feels delicate when eating a particular food, stop eating it and try another day again.

Call the **dentist's office near me** if you are still experiencing sensitivity and soreness after a week or more.

How to Get the Rest You Need For Optimal Root Canal Recovery:

Getting adequate sleep and rest is essential during your recovery. Getting as much sleep as possible can help you recover quickly and return to a sensation again.

Remember that oral surgery can make you sore and uneasy, leaving you tired th whole day.

Sleeping and resting by staying at home can speed the recovery time and make you feel better. Your dentist may provide some pain relief medications to release the pain.

It's better to stay at home.

Conclusion:

Call your dentist to help you preserve your lovely smile. The [Root canal cost](#) can vary on the material used for the crown.

Visit your nearby dentist and ask all the questions about treating a root canal.