



POST-OPERATIVE INSTRUCTIONS FOR CROWNS AND BRIDGES

Anesthetic

Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips, cheeks and tongue.

Sensitivity

Sensitivity, especially to cold, is common for a time following treatment. For the first few days, avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure.

If the gums are tender, rinse with warm salt water, dissolving (1/2 teaspoon of salt in an 8oz glass of warm water). An analgesic such as Tylenol or Ibuprofen (Motrin or Advil) will help to increase your comfort.

Temporary

Having a crown or bridge made for you will take multiple appointments. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation and is placed on the teeth while the final restoration is being made. The temporary serves a very important purpose. It protects the exposed tooth so it is less sensitive., prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult. If your bite feels unbalanced or your temporary crown feels high once the anesthetic wears off, please be sure to call our office for an appointment for a simple adjustment.

The temporary is placed with a very lightweight cement that is designed to come off easily so avoid chewing sticky or crunchy foods that could dislodge or break the temporary crown.

Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to pull the floss through the contact rather than lift up on the temporary so you don't accidentally loosen the temporary. If your temporary comes off in between appointments, slip it back on and call our office so that we can recement it for you. A little Vaseline, denture adhesive or a crown repair kit material (Dentatemp) from the pharmacy placed inside the crown can help to hold it in place in the interim.