



## POST-OPERATIVE INSTRUCTIONS: AFTER CROWN AND BRIDGE WORK

- 1. Sensitivity**, especially to cold or pressure, is common for a few days following a dental procedure. Usually the deeper the cavity, the more sensitive the tooth may be. It is normal to have significant changes in response to temperature and soreness at the injection site after dental restorations. This should subside within a few days and in some cases a few weeks. Ibuprofen (Advil, Motrin) is very effective for dental pain. Two to four tablets may be taken four times a day for the next 3-4 days (if needed) to help control the sensitivity in this area. **Please do not exceed the maximum dosage per day.**
- 2. If your pain** gets progressively worse or is causing more than mild discomfort, please call our office. Studies have shown that 80% of the time the sensitivity will go away in 30 days and 100% will go away in 90 days. If after 90 days, you are still having pain please call our office.
- 3. Many crowns fit** below the gum line. Therefore, you may experience some discomfort for a few days due to the irritation of that area during the procedures. Should the gums around crown temporary crown become sensitive, rinse 4 times a day with a warm salt water solution (1/2 tsp salt to 1/2 cup water)
- 4. Following the first appointment** for a crown or bridge procedure, a temporary is usually placed on the tooth or teeth involved. This will protect and maintain the space while the custom restoration is made..
- 5. Temporary crowns** are of a universal size and shade that also serve a cosmetic function for front teeth. Your final restoration will be shaped and shaded better than the temporary to match your other teeth in both color and function..
- 6. The use of temporary cement** is for easy removal on your next appointment. If your temporary comes off between appointments, slip it back on and call us for an appointment. If you're unable to make it to the office, Fixodent (a denture adhesive) or temporary cement, may be purchased at a drugstore. Dry the tooth off as much as possible before temporary cementation. Remove any cement left in the temporary and replace it with a "teardrop" amount of cement. Remove any cement that has extruded out under the temporary crown with a Q-tip. Do not leave any cement on your gums.
- 7. Avoid eating** sticky foods (caramel, chewing gum, hard candy) on the side of the mouth with a temporary crown.
- 8. When you floss** in between your teeth, do not pull up or down but pull it out on the side. Do not pop the floss back out as it can cause the loss and/or damage of your temporary crown.
- 9. After the numbing wears off** or in the first week, if your teeth feel like they do not touch correctly please call the office. This problem can be solved with a quick adjustment to the temporary or permanent restoration.
- 10. After your permanent crown or bridge is cemented.** They will replace your missing tooth structure or missing teeth and should give you years of service if you will observe the following suggestions:
  - Chewing: Do not chew ice or very hard objects.
  - Avoid chewing very sticky candy because it can remove restorations.
  - Follow proper hygiene protocol of brushing and flossing twice daily especially before bedtime.
  - Follow a healthy diet and minimize drinking of sodas, energy drinks and sugary juices.
- 11. Crowns and bridges do not last forever.** Like a new set of tires, they can wear and breakdown. Proper brushing and flossing essential to helping you retain your final restorations. Having your teeth professionally examined and cleaned every six months or 3 months if you have gum disease and x-rays every year will help us prologue the life of your restoration.