



## Post-Operative Instructions Following Crown & Bridge Appointments

### **While wearing a temporary crown or bridge:**

- You will wear temporary restorations until your permanent restoration is made.
- After your first crown or bridge appointment, refrain from eating for at least 1 hour and until the anaesthesia has worn off.
- It is normal for the gum around the tooth to be tender for a day or two. If the tenderness persists any longer than two days, please call the office immediately so we can check the temporary restoration and make any needed corrections.
- If the temporary restoration comes loose or breaks, please call us. If the temporary restoration is off for even a short time, the tooth can shift position and cause the final restoration to not fit well. A little denture adhesive or even toothpaste placed inside the crown can help to hold it in place until we can see you to replace the temporary.
- Please avoid eating with the temporary restoration as much as possible.
- Carefully clean around the restoration with a toothbrush and floss every day. When you do floss, pull the floss carefully out the side to avoid pulling the restoration off. In certain cases, we may advise you not to floss the area until your final restoration is delivered.
- Avoid sticky foods and chewing gum on the temporary restoration to avoid pulling it off.
- Slight discomfort and tenderness are possible after a tooth has had dental treatment. Also, sensitivity, especially to cold, is common while you are wearing the temporary, but if any of these persist for more than a day or two, please call the office.
- It is normal to have discomfort in the gums around the tooth after the anaesthesia wears off. If your gums are tender, rinse with warm salt water by dissolving 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic, such as whatever you would take for a headache, will help to increase your comfort.

### **After the permanent restoration has been delivered:**

- Typically, we will have your permanent crown or bridge around 2 weeks after the appointment which the tooth or teeth were prepared. It may take a few days to get used to the new crown or bridge, after your permanent restoration is finally cemented. If your bite feels high or unbalanced, please be sure to call our office for an appointment for a simple adjustment.
- Chewing: Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must mature for about 24 hours to have optimum strength. Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" candies because they can damage or loosen the restoration
- Sensitivity: Mild sensitivity to hot or cold foods is common. It should disappear gradually over a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please tell us if this occurs.
- Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.