



Post Operative Crown and Bridge Instructions:

Congratulations to you for your commitment to your oral health. These instructions are provided for you to create a more comfortable after visit experience. Please feel free to contact us for any additional information or instructions.

- 1- We may have used a local anesthetic to thoroughly numb the area we treated today. This numbness in your lips, teeth or tongue might last for several hours after the procedure. To avoid damage to these areas you should avoid chewing until the numbness has completely worn off.
- 2- Crowns and bridges usually take 2 or 3 appointments to complete. On the first appointment the teeth are prepared, impressions are taken and a temporary crown/bridge is placed on your teeth. The second appointment consists of cementing the permanent crown/bridge in place. This is done as soon as possible to prevent any permanent damage or shifting of the teeth (usually 10-14 days later).
- 3- It's normal to experience some sensitivity to heat, cold and pressure after your appointment. This pain should subside after the placement of the permanent crown or bridge. You can also expect some soreness in your gums for several days. Rinsing with warm salt water can alleviate discomfort and swelling in the gums (one teaspoon of salt in one cup of warm water).
- 4- The temporary crown is usually made of a plastic based material. It could break if too much pressure is placed on it. The crown also may come off; if it does, save the crown and try to put it back in place temporarily with toothpaste or denture adhesive. Then call our office. The temporary crown is placed to protect the tooth and to prevent other teeth from moving. If it comes off it should be replaced. To avoid losing your temporary crown, avoid chewing on sticky and hard food (chewing gum, ice). Try to chew on the opposite side as much as possible.
- 5- Continue your normal brushing but be careful while flossing around the temporaries (remove the floss gently from the side).
- 6- There is sometimes a need for a third visit: 1) when the color, shape, or fit of the crown/bridge is not satisfactory, or 2) when pain or sensitivity has persisted throughout the period of wearing the temporary. In these instances we will temporarily cement your crown and have you come back for a third visit to re-evaluate or permanently cement the crown/bridge. We may need access to the tooth in the event there is something else going on with your tooth's health besides just needing a crown.
- 7- After the permanent crown or bridge is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. If your bite feels uneven, or if you experience pain or discomfort when chewing on the tooth/teeth for longer than 3-5 days call our office. Delaying the necessary adjustments may damage the tooth permanently. If you have any questions or concerns about your new crown or bridge please give us a call (360-GO BRUSH).