



## **Post-Operative Instructions Following Crown and Bridge Appointments**

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

- At the first visit, the teeth are prepared and a temporary crown or bridge is placed with temporary cement. You will wear temporary restorations until your permanent restoration is 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 tooth, and prevents the tooth from shifting or moving.
- Slight discomfort and tenderness are possible after a tooth has had dental treatment. Sensitivity, especially to cold, is common while you are wearing the temporary. 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.
- Avoid eating anything sticky such as gum, caramels, etc. on the temporary restoration to prevent it from coming off.
- If the temporary restoration comes off, slip it back on and call our office so that we can recement it for you. If the temporary is off for even a short time, the tooth can shift position and cause the final restoration to not fit well. If you are unable to come in for a few days, a little denture adhesive or even toothpaste placed inside the crown can help to hold it in place until we can see you to recement the temporary.
- 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.
- If your bite feels unbalanced or the temporary crown feels high once the numbness wears off, please be sure to call our office for an appointment for a simple adjustment.
- Temporary crowns are of a universal size and shade that also serve as a cosmetic function for front teeth. Your final restoration will be shaped and shaded to match your other teeth in both color and function.

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

- Typically, we will have your permanent crown or bridge within 2 weeks from the date the teeth were prepared and the final impression was taken. It may take a few days to get used to the new crown or bridge. If your bite feels high or unbalanced, please be sure to call our office for an appointment for a simple adjustment.
- Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must cure 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.
- 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. Proper brushing and flossing is recommended to help *you* retain your final restoration. Having your teeth cleaned every six months and an exam and x-rays every year will help *us* prolong the life of your restoration.

**If you have any other questions or concerns, please call our office at (480) 734-2080**