

## **CROWNS AND BRIDGES**

### *Post-Care Instructions*

Crowns usually take a couple of appointments to complete.

**FIRST APPOINTMENT:** The teeth are prepared during your first appointment while temporary crowns or bridges are placed to provide protection to your teeth. These temporary restorations will be just that, a protective plastic cap to cover the “preparation” while your **custom** restoration is being made.

**SECOND APPOINTMENT:** The final crown will be cemented upon fabrication at which point you will have the opportunity to view and approve the color, shape, and bite (adjustments may be needed during this visit or subsequent visits if you are numb).

### POST-CARE AFTER FIRST APPOINTMENT (TEMPORARY CROWN)

#### **Temporary Crowns**

- There are times when temporary crowns come off. Please do call us when this happens, and keep the temporary so we can re-cement it. Keep in mind that the proper fit of your final restoration relies on your temporary remaining in place until the final cementation.
- If your temporary comes off, you may try to gently place the crown back into place and see if it remains secure. If so, please continue with your post-operative care as directed and contact us if it becomes loose again. A small amount of vaseline can be placed inside the temporary before you try it back in to add an extra “suction” to lock it into position.
- If the temporary does not slide back into place properly - call our office to schedule a follow-up appointment as soon as possible.

#### **Local Anesthesia**

- When anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. If numbness extends into the next day, please call the office and schedule a follow-up visit.
- Avoid chewing until numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- Refrain from eating for at least 2 hours and/or until the anesthesia has worn off.
- You may experience discomfort in your gum tissue or jaw muscle where your anesthetic was injected.

#### **Pain Management**

- You may take any over the counter pain reliever for tenderness or discomfort. Taking aspirin, Ibuprofen 600mg or Extra Strength Tylenol 500mg should be sufficient, unless you are allergic to these medications or have a medical condition that would prevent you from taking these medications.
- This will help with any soreness at the injection sites where your anesthetic was administered.

#### **Home Care:**

- Avoid eating sticky foods (gum, taffy, caramel), and hard foods (nuts, ice, hard candy) to help keep your temporary in place.
- Chew only on the opposite side of your mouth.
- Brush your teeth like normal starting the night of your procedure.
- Floss very carefully - insert and remove the floss from the side of your temporary crown to prevent the temporary crown from coming loose.

### **Sensitivity following Procedure**

- If the tooth becomes **sensitive** to chewing or cold/heat/sweets and you **may need a root canal, buildup, and crown** procedure performed. Sensitivity is uncommon if the tooth being crowned is a root canaled tooth. Please call the office and schedule a follow-up appointment if you experience any sensitivity following your crown visit.

### **POST-CARE AFTER SECOND APPOINTMENT (FINAL CROWN)**

#### **Bite Adjustments following Final Delivery**

- During your procedure, we check to make sure your bite feels right following a crown delivery. However, you may be numb during this step and you may require an additional bite adjustment. If your bite feels uneven or uncomfortable please call our office so we can get you scheduled for a quick adjustment.

#### **Local Anesthesia**

- When anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. If numbness extends into the next day, please call the office and schedule a follow-up visit.
- Avoid chewing until numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- Refrain from eating for at least 2 hours and/or until the anesthesia has worn off.
- You may experience discomfort in your gum tissue or jaw muscle where your anesthetic was injected.

#### **Pain Management**

- You may take any over the counter pain reliever for tenderness or discomfort. Taking aspirin, Ibuprofen 600mg or Extra Strength Tylenol 500mg should be sufficient, unless you are allergic to these medications or have a medical condition that would prevent you from taking these medications.
- This will help with any soreness at the injection sites where your anesthetic was administered.

#### **Home Care:**

- Avoid eating hard foods (nuts, ice, hard candy), maintain oral hygiene (brush 2x day, floss at least 1x day), and come for periodic hygiene visits as recommended to contribute to crown longevity.

### **Sensitivity following Procedure**

- If the tooth becomes **sensitive** to chewing or cold/heat/sweets and you **may need a root canal, buildup, and crown** procedure performed. Sensitivity is uncommon if the tooth being crowned is a root canaled tooth. Please call the office and schedule a follow-up appointment if you experience any sensitivity following your crown visit.

If you are experiencing symptoms not listed above, or persistent pain that cannot be controlled with OTC medication, please call us