

Post Operative Instructions Following Crown & Bridge

Eating

- We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and/or tongue may last for several hours. To avoid damage to your lips, tongue, and cheeks, you should avoid any chewing until the numbness has completely worn off.
- Do not chew on ice cubes or other hard objects or continue deleterious habits, such as biting on popsicle sticks, pens, etc. once the permanent crown has been placed.
- Use sensitive toothpaste with fluoride if thermal sensitivity occurs.

Pain

- Mild-Moderate Pain: Soreness may occur at the tooth, the surrounding gum, the injection sites or the jaw joint. To control discomfort, we recommend that you apply moist heat to the affected area and take an over-the-counter pain reliever such as ibuprofen or acetaminophen, following label directions.
- Severe Pain: We can also give you a prescription for a stronger pain reliever, if needed. Make sure you take the medication according to the instructions. Pain medication may take up to an hour to take effect and may only work 3-4 hours. It is important to try and keep ahead of anticipated pain. Do not drink alcoholic beverages while taking pain medication.
- To avoid nausea, do not take pain medication on an empty stomach.
- To further reduce pain and swelling, you can rinse every two hours with warm salt water. Dissolve a teaspoon of salt in a cup of warm water and gently swish the water around the tooth and spit.
- If antibiotics have been prescribed for the infection, it's important that you take them for the full length of time indicated on the prescription, even if all symptoms and signs of infection are gone. Women of childbearing age should know of the possible reduced effectiveness of oral contraceptives during antibiotic therapy and are advised to use additional form of contraception during short-term antibiotic use.
- On occasion, damage to the pulp of the tooth may occur following any restorative procedure due to a variety of reasons. If this occurs, further treatment, such as root canal therapy, may be necessary.

Temporary Crown

The temporary crown was placed to protect your teeth and gum tissues while a custom restoration is being created for you in a dental laboratory. However, you should take these precautions to ensure that your temporary crown stays securely in place:

- Avoid chewing gum and eating sticky or hard foods.
- If possible, chew only on the opposite side of your mouth.
- Continue to brush normally.
- Floss carefully each day pulling the floss out from the side as you floss next to the temporary - lifting the floss out from the top can cause the temporary to come loose.

This temporary will help prevent the adjacent teeth from shifting, ensuring that your final custom-crafted crown or bridge will fit. If your temporary does come off, call us immediately so we can arrange to cement it back into place. If you are unable to come in, a thin layer of denture adhesive applied inside the crown or bridge will hold it in place temporarily.

Please be sure to call our office if:

- Your bite feels uneven.
- Your tooth feels "tight" or you have difficulty flossing around the tooth.
- You have persistent pain.
- You have any questions or concerns about your restored tooth.