



Crown and Bridge: Post-Op Instructions

Sensitivity: The teeth that have been prepared for crown coverage may be sensitive to cold fluids and chewing, as well as touching just below the gum line with a nylon tooth brush or floss. This may persist until the tooth/teeth are permanently protected by the final restoration. A mild analgesic (Tylenol, Motrin, and Advil) may be helpful. If your gums are sore, rinse with warm salt water for the first week. If you bite feels uneven, contact the office for an adjustment.

Eating: **Avoid** chewy or sticky foods such as gum, tootsie rolls, or caramel, as they will loosen or pull you temporary crown off. **Avoid** hard crunchy foods, as they will break, crack or loosen your temporary crown. Try to chew on the opposite side until your final crown is delivered.

Cleaning: Brush and floss normally, however, **do not floss** the temporary crown, since it could easily loosen.

Temporary crowns or bridges are held in place only by soft medicated cement, so don't be surprised if the temporary crown/bridge comes off. Call the office and make arrangements to have it re-cemented. Bring your temporary with you and avoid eating on the tooth or drinking cold fluids. A small dab of denture adhesive may be used to temporarily re-cement the crown/bridge in place. Consider doing this if the tooth is too sensitive, the crown/bridge comes off over the weekend, or if you are out of town. **Do not leave your temporary out for an extended period of time** (over one week). Not only will your tooth be vulnerable, but your teeth can shift, necessitating a lot of adjustment or the remake of your temporary or permanent crown. If a remake of your crown or bridge is necessary because of your failure to return to the office for treatment, you will be responsible for all additional charges involved in remaking the crown or bridge.

Crowns and bridges do not last forever. Like a new set of tires, they can wear and breakdown. 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 prologue the life of your restoration.

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