

Post Operative Instructions for Crowns and Bridges

Tooth Sensitivity

Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Ibuprofen (Advil) will help to increase your comfort.

Temporary Crown

Having a crown or bridge made for you will take multiple appointments. A temporary crown or bridge is made the day of the crown preparation and is placed on the teeth while the final restoration is being made. The temporary serves to protect the exposed tooth so it is less sensitive. It also prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult. If your bite feels unbalanced or the temporary crown feels high once your tooth wakes up from the anesthetic, please be sure to call our office for a simple adjustment. The temporary is placed with very lightweight cement that is designed to come off easily so avoid chewing sticky foods or crunchy foods that could dislodge or break the temporary crown. Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to pull the floss through the side rather than lift up to prevent removal of temporary. If your temporary comes off, slip it back on and call our office so that we can recement it for you. A little denture adhesive (such as Fixodent) from the pharmacy placed inside the crown can help to hold it in place.

Shade and Shape of Temporary Crown

Temporary crowns are of a universal size and shade that also serve a cosmetic function for front teeth. Your final restoration will be shaped and shaded better than the temporary to match your other teeth in both color and function.

Final Crown or Bridge

After the final cementation of your restoration, it may take a few days to get used to the new crown or bridge. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

Home Care

Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips and cheeks. 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 four to six months, exam and x-rays every year will help us prolong the life of your restoration.