



Aftercare Instructions for Crowns/Bridges

- ✓ Your **anesthesia will wear off in approximately 1 to 3 hours** after the procedure. It is very important not to eat until the anesthesia wears off to prevent biting your lip, tongue, etc. You should also wait to eat or drink anything hot until the anesthesia wears off to prevent burning your mouth.
- ✓ **It is important that the temporary crown (or bridge) stay in place** until the permanent crown is placed. If the temporary crown becomes dislodged or feels high, please call us so that we may see you as soon as possible. Do not attempt to “glue” the temporary crown back in yourself or “go without it” as the teeth may become sensitive or shift slightly preventing placement of the permanent crown.
- ✓ **Some cold sensitivity and tenderness** around the gum is normal for the first few days.
- ✓ **Avoid chewing anything very hard or sticky on the temporary crown.** Examples to avoid: gum, candy, popcorn.
- ✓ **Brush as usual, but floss with care.** When flossing, pull floss through the side of the tooth. It is important to brush and keep gum tissue as clean as possible.

Long Term Care of Your New Crown or Bridge

Now that your crown or bridge has been cemented, there are a few things to expect and to care for.

- ✓ Initially, you may experience some sensitivity to cold as the tooth may be slightly irritated by the cement. Sensitivity toothpaste generally helps.
- ✓ Also, if after a couple of days your “bite” seems off or it just doesn’t feel normal, please give the office a call. It may need a slight adjustment.

- ✓ **It is extremely important to maintain excellent oral hygiene** with your new crown or bridge. Some people have the misconception that a crowned tooth no longer needs to be maintained. Crowns and bridges are susceptible to decay near the gumline the same as a natural tooth.

- ✓ The crown strengthens the portion of the tooth above the gumline, but this margin area requires special care. Normal brushing and flossing is a must. **Additional use of a high fluoride content toothpaste, mouthwash or gel** are excellent for preventing additional root decay. These additional aids are extremely important for patient with a high decay rate and/or a history of periodontal disease.

- ✓ Most all crowns and bridges have a ceramic outer layer or are all-ceramic. These materials are very strong and color stable, however, they still have potential to fracture the same as a natural tooth. As a rule of thumb, **don't do anything with a crown or bridge that could damage a natural tooth**. Avoid chewing ice or opening packages with your teeth.