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CARE INSTRUCTIONS

Crown and bridge appointments

Crowns and bridges usually take two or three appointments to complete. On the first appointment the teeth are prepared. Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

It's normal to experience some hot, cold, and pressure sensitivity after each appointment. This is usually from a normal reaction of the nerve following the procedure. Give it a couple of days and try a sensitivity protection toothpaste (i.e. Sensodyne or Crest for Sensitivity) until it subsides. If it continues beyond a week or so or seems to worsen please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

Your gums may be sore for several days. Rinse three times a day with warm salt water (a tsp. Of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. Use medication as directed.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. It's important to continue to brush normally, a desensitizing toothpaste can be used if teeth are sensitive to cold, but floss very carefully and remove the floss from the side to prevent removal of the temporary crown.

On rare occasions temporary crowns come off. Call us if this happens, and keep the temporary so we can re-cement it. It is very important for the proper fit of your final restoration that temporaries stay in place.

Finally, if your bite seems off or if you cannot bite normally please call the office to have your bite adjusted. Do not wait for it to wear down on its own. Let us know if you have any other concerns.