
Village Dental Care

Crowns and Bridges Post Op Instructions



AFTER THE TREATMENT

Your anesthesia will wear off in a few hours. Refrain from eating until your anesthesia wears off to prevent possible injury to your lips and cheeks. Take recommended pain medication before the numbness wears off to help you maintain an acceptable comfort level. Be sure to take any medication as prescribed to help the area heal.

TEMPORARY

A temporary is a crown or bridge that is placed on the prepared teeth while the final restoration is being made. The temporary serves a very important purpose. It protects the exposed dentin so it is not overly sensitive, 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 (or impossible). The temporary is placed with lightweight cement that is designed to come off easily. Avoid chewing sticky foods such as gum, caramels, etc. and do your best to avoid chewing on the temporary at all if possible. Use your toothbrush to clean the temporary as you normally do your natural teeth. However, when flossing, it is best to pull the floss through the contact rather than lift up on the temporary so you don't accidentally loosen it. If your temporary comes off between appointments, it's very important to put it back on. Just slip it back on and call our office so that we can re-cement it for you. If that's not convenient, use the Emergency Temporary Cement kit provided to you at your last appointment.

SENSITIVITY

Sensitivity, especially to cold, is common briefly following treatment. For the first few days, avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If your gums are tender, rinse with warm salt water, dissolving 1/2 teaspoon of salt in an 8-oz. glass of warm water. An analgesic such as Tylenol or Advil will help to decrease your discomfort.

FINAL CROWN OR BRIDGE

Please do not eat or drink for 30 minutes after your new crown is cemented. Do not eat hard or sticky foods for 24 hours while the cement completely sets. After the final cementation of your restoration, it may take a few days for you to get used to the new crown or bridge. If your bite feels unbalanced or if sensitivity lasts for more than a week, please be sure to call our office for an appointment for a simple adjustment.

HOME CARE

Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing and/or "WaterPicking" immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.