

CROWN AND BRIDGE POST-OPERATIVE INSTRUCTIONS

After a crown or bridge preparation, some discomfort is normal. Any dental work on a tooth is traumatic to the tooth, and needs some time to settle down and heal. The tissue in the area of any dental work tends to swell as the body attempts to heal. Since a tooth is rigid, any swelling may lead to a dull ache, pain while biting, or sensitivity to sweets or temperature changes following crown or bridge preparation.

After Your Procedure:

- Take an over-the-counter anti-inflammatory medication such as Ibuprofen (Advil® or Motrin®) or Naproxen Sodium (Aleve®) to limit or eliminate any discomfort.
- Normally, any pain or sensitivity will resolve in a 2-week period following treatment. If it does not, or it worsens, give our office a call.
- **DO NOT** eat anything hard or sticky that could break or dislodge your temporary crown or bridge.
- Chew all foods on the opposite side of your mouth.
- **DO NOT** eat or drink anything hot until numbness subsides in order to avoid burning your mouth.
- **DO NOT** floss or waterfloss directly in the area of the temporary crown or bridge in order to prevent dislodging. If you need to remove any food debris from around your temporary crown or bridge, press the floss through the contact, and then remove by pulling the floss out to the side. Avoid pulling the floss back through the contact, as this can cause the temporary crown or bridge to be dislodged.

If Your Temporary Crown or Bridge Comes Off:

It is important to keep a temporary crown or bridge in place in order to prevent movement of teeth, hold the surrounding tissue in place, and also to reduce any sensitivity that may occur. Leaving a temporary off for an extended period of time will likely compromise the fit of the final restoration.

Usually, you can place the temporary crown or bridge back in place yourself using toothpaste, or temporary dental cement that can be found at a pharmacy.

If you do not feel comfortable placing the temporary crown or bridge back on yourself, and you have minimal or no pain/sensitivity, give our office a call and we will see you during normal business hours to re-cement your temporary.

DO NOT bite or chew on the unprotected tooth/teeth while your temporary crown or bridge is off.

If Your Temporary Crown or Bridge BREAKS:

Call our office for an appointment immediately. We will gladly make you a new temporary during our first available business hours.

If Your Tissue is Sore:

During a crown or bridge preparation, some tissue trauma normally occurs which can result in soreness. Typically, this tissue soreness will resolve within a few days. You may also experience minor inflammation of the tissues surrounding your tooth from the temporary crown or bridge. Bruising or swelling at the site of injection of the anesthetic may occur, causing some discomfort for a few days.

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To help with any soreness of the tissues:

- Rinse with warm salt water (2 teaspoons of salt to 8 ounces of warm water)
- Take an over-the-counter anti-inflammatory medication such as Ibuprofen (Advil® or Motrin®) or Naproxen Sodium (Aleve®)
- If swelling or pain worsens, contact our office

If Your Jaw is Sore:

Any dental procedure that requires you to keep your mouth open for an extended period of time can cause soreness or stiffness of your temporomandibular joint (TMJ) and surrounding muscles.

If this occurs:

- Avoid eating harder or tougher foods that can cause discomfort while chewing, or foods that require you to open your mouth wide.
- Apply a warm compress or ice pack to the external surface of your jaw to alleviate soreness.
- Take an over-the-counter anti-inflammatory medication such as Ibuprofen (Advil® or Motrin®) or Naproxen Sodium (Aleve®)