



AFTER-CARE INSTRUCTIONS FOR

Crowns and Bridges

- If you experience some swelling or soreness, we suggest over-the-counter pain relievers, such as ibuprofen (Advil), naproxen sodium (Aleve), or acetaminophen (Tylenol) for effective relief, especially if taken before you feel any discomfort.
- Avoid chewing with your new crown or bridge for a few hours. It needs to remain undisturbed until the cement has cured.
- You may experience some sensitivity to hot or cold foods and liquids, as well as when you chew. This sensitivity can last for a few days or even several weeks. As long as the sensitivity gets better with time, it's completely normal. If it gets worse, please do not hesitate to contact our office.
- The surrounding gum tissue may also be minimally traumatized, so it may be uncomfortable to brush and floss. Even so, start your regular brushing and flossing routine the same evening of placement since it's essential to keep your tissue clean to promote healing. You may have received a prescription-strength, antibacterial mouthwash containing chlorhexidine (Perio Rx or Peridex). It should be swished in your mouth for at least one to two minutes and spit out. THEN brush your teeth. Continue this routine twice a day for seven to 10 days. *Note: Do not drink the mouthwash directly from the bottle; use the measuring cup provided*
- You will be numb for two to three hours. The injection site may be tender for a couple of days, and bruising is possible, but not likely.
- If you had a temporary crown or bridge placed, you need to be careful until your next appointment. Avoid hard, crunchy, and sticky foods as your temporary may come loose or be displaced. If this happens, call our office immediately. Your temporary is essential for two reasons—it protects your tooth/teeth underneath and maintains spatial relationships with the adjacent and opposing teeth. It's crucial to avoid flossing next to your temporary. If you do, it may come loose.

- We work hard to make sure your bite is as comfortable as it was before. However, when numbed with anesthetic, it is sometimes difficult to be sure that your teeth are in perfect alignment at the time of treatment. If your bite doesn't feel perfect after the anesthetic wears off, contact our office. DO NOT TRY TO GET USED TO IT. If not adjusted, you could fracture your filling, or your teeth may become sensitive.
- Whenever something new is in your mouth, your lips, cheek, and tongue must readjust. At first, you may bite yourself occasionally, but the issue should remedy itself within a few days or weeks.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL

952-593-9310