



FRANKLIN

DENTAL ————— ARTS

Post Op Instructions: Crowns and Bridges

Post-Op Sensitivity:

Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort.

Temporary Crowns:

Any numbness you experience from the anesthetic will last approximately two hours. Until the anesthetic wears off completely, be careful not to eat or drink hot liquids to avoid biting your lip, cheek or tongue. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation appointment and is placed on the teeth while the final restoration is being made. The temporary protects the exposed tooth so it is less 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 crown more difficult. The temporary is placed with very lightweight cement that is designed to come off easily. Due to the nature of the temporary cement, please avoid chewing sticky foods or crunchy foods that could dislodge or break the temporary crown. Be gentle when brushing and refrain from flossing until your permanent restoration is in place. Should the temporary crown become dislodged, book an appointment to have it replaced as soon as the next available appointment. Waiting too long can cause the teeth to shift and the crown to fit incorrectly.

Permanent Crowns/Home Care:

Any numbness you experience from the anesthetic will last approximately two hours. Until the anesthetic wears off completely, be careful not to eat or drink hot liquids to avoid biting your lip, cheek or tongue. Brushing and flossing your crown daily, just as you would your natural teeth, is the best way to will prevent cavity formation and periodontal disease under the crown. Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the

longevity of your new restoration. It is normal to experience some sensitivity to cold. However, should you feel throbbing or consistent pain, please call the office. Use a salt water rinse to help with any short-term heat or cold sensitivity. Should your bite feel uneven after 2-3 days, please have it assessed with a dentist at Franklin Dental Arts. Delaying the necessary adjustments may damage the tooth permanently. With an uneven bite, we can adjust the crown so your mouth feels normal and there no unnecessary wear on the crown.