

Home Care Instructions for Crown and Bridge Procedures

Eating and Drinking

Do not eat or drink anything until the numbness from the anesthetic has worn off completely. The numbness may take several hours to wear off. To help keep your temporary crown in place, avoid eating sticky and hard foods. Examples to avoid: gum, hard crusty bread, nuts, ice, sticky candy or hard candy. If your bite does not feel balanced and even, please call our office.

Discomfort

After crown preparation, some discomfort is normal. Dental work on a tooth is traumatic to the area and needs time to heal and settle down. The body's response to a procedure is to send blood to the area to help with healing. When you traumatize other areas of your body your tissue can swell, but a tooth is rigid and cannot swell. This can cause discomfort in the tooth that is felt as a dull ache, pain to biting, or sensitivity to temperature or sweets. Usually the pain will lessen over time. You may take an analgesic such as Tylenol or Ibuprofen to increase your comfort.

Sensitivity to hot, cold, or pressure, is common for a time following the procedure. 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. Your gums may be sore for several days.

If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 ounce glass of warm water and rinse 2-3 times a day or as needed.

Any dental procedure that keeps your mouth open for an extended period can cause soreness and stiffness in the jaw joint and surrounding muscles. If this occurs, avoid chewing hard foods or opening your mouth extremely wide. Ice packs can be used if necessary.

Oral Hygiene

Continue to brush normally and gently to keep the area clean. You may *carefully* floss a temporary crown or bridge by pulling the floss down through the contact then *straight out*. Do *not* floss up and down as usual as this may dislodge the temporary crown.

Although crowns and bridges are often the most durable of all restoration, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. Daily oral hygiene and decreasing your intake of sugar-containing foods will increase the longevity of your new restoration.

Temporary crown or bridge

A temporary crown is made the day of the crown preparation and placed on the tooth while the permanent crown is being made. The temporary serves a very important purpose. It protects the exposed tooth so it is less sensitive, prevents food and bacteria from collecting on the prepared tooth, and prevents the tooth from shifting or moving, which can make seating of the permanent crown more difficult.

The temporary is placed with lightweight cement that is designed to come off easily so avoid chewing sticky foods or hard crunchy foods that could dislodge or break the temporary crown or bridge.

If your temporary crown or bridge does come off, please call our office to set an appointment so it can be cemented back on.