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Family and Cosmetic Dentistry

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POST-OP INSTRUCTIONS AFTER CROWNS/ BRIDGES/ VENEERS

Your tooth or teeth have been prepared fro crown, bridge, or veneer restoration. While we are waiting for the permanent restoration to arrive from the laboratory, a temporary restoration has been pleased to help cover your tooth and protect it from sensitivity. The temporary restoration also helps to keep teeth from drifting or changing position in your mouth. The temporary restoration may feel rough to your tongue.

- The day of procedure be careful when eating.

  When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is recommended that you take 2 tablets (400mg) of ibuprofen before the anesthesia completely wears off (use only if no allergies are present). Do not take ibuprofen on an empty stomach. Do not eat sticky, hard, or chewy foods as this may pull the temporary off or break it.

- It is normal to experience some sensitivity after the appointment.
  It is normal to experience some hot, cold, and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse your mouth 3 times a day with a warm salt water to reduce pain and swelling. Be careful brushing and avoid flossing adjacent to the temporary restoration. Once the permanent restoration is placed you may brush and floss normally.

Permanent Crowns, Bridges, and Veneers.

- Remember that it will take time to adjust to the feel of your new bite.
  When your bite is altered or the position of the teeth is changed, it takes several days for you to become comfortable with the new position and/or thickness of your teeth. Don't be concerned if your speech is affected for the first few days. You will adapt and speak normally soon. You may notice increased salivary flow. This should subside to a normal level with in a week or so. After a week, if your bite feels uneven or if you have any pain, please contact our office for appointment to adjust your bite.

- It is important to change habits to protect your new teeth. Any food that could chip, crack, or damage your natural teeth can do the same to your new cosmetic restorations. Avoid foods that stain, such as tea, coffee, red wine, and berries. Smoking will quickly yellow your teeth. If you grind or clinch your teeth at night or engage in sports it is recommended we make a custom mouth guard for you.