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Crowns, Bridges, and Veneers Post-op Instructions

Refrain from eating at least 2 hours and until the anesthesia has worn off.

Temporary Crown:

A temporary is a crown or bridge that is placed on the prepared teeth while the final restoration is being made. The temporary serves a very important purpose. It protects the exposed dentin so it is not 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 restoration more smoothly.

The temporary is placed with lightweight cement that is designed to come off easily so avoid chewing sticky foods such as gum, caramels, etc.

Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to pull the floss through the contact rather than lift up on the temporary so you don't accidentally loosen the temporary. If your temporary comes off between appointments, slip it back on and call our office so that we can re-cement it for you. A little denture adhesive or toothpaste placed inside the temporary crown can help to hold it in place in the interim.

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 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 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Advil will help to increase your comfort.

Final Crown or Bridge:

After the final cementation of your restoration, it may take a few days to get used to the new crown or bridge. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.