

# **POST-OP INSTRUCTIONS FOR CROWN/BRIDGE PREPS**

The following information has been prepared to help answer the many questions you may have regarding the procedure which has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful.

1. When the anesthesia wears off, you may have some discomfort from the procedure that was just performed. Your dentist may advise you to take Advil/Motrin for the discomfort. Warm salt water rinses may help ease gum discomfort and speed up healing. (1/4 teaspoon salt to 8oz. warm water)
2. If you feel like you are hitting too hard on your temporary restoration or have any discomfort that is lasting longer than 2-3 days then you should call our office to have it checked. Some cold sensitivity is normal. There shouldn't be any other type of sensitivity, if so, then contact our office.
3. You may have a temporary crown/ bridge on for the next 2-3 wks. You should have another appointment made for that time. During this time, caring for your temporary restoration should be the same as you would care for your teeth. It should be brushed and flossed unless otherwise instructed. When flossing, push the floss down towards the gum line and pull it out through the side. Do not pop it back up to the top of the tooth like normally done. (With a temp. bridge you will not be able to floss between certain teeth.) This may cause your temporary restoration to come off. If this should happen, you need to contact us to have it put back on. We do not want it off until your next appointment. If you need to, you can try to put it back on yourself with a tiny bit of Vaseline inside of the temporary.
4. You should be able to use that area like you normally would. Just avoid hard or sticky foods. These may cause the temporary to break or to be pulled off.
5. If you have any questions or concerns, call us at the office and we will answer them for you. 541-549-0109

