

Post-Operative Instructions for Crowns & Bridges

We hope your experience at Happy Smiles Family Dentistry has been a pleasant one! Please read these instructions carefully to help with the healing process and ensure the procedure's success.

Crowns and bridges usually take two or three appointments to complete. On the first appointment, the teeth are prepared. A plastic-type temporary crown/bridge is then placed to protect the tooth while the custom-made permanent restoration is fabricated.

When an anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.

It is normal to experience some hot, cold, and pressure sensitivity after your appointment. If your gums are sore for several days, please rinse three times a day with warm salt water (a teaspoon of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. Use medication only as directed.

To help keep your temporary in place, avoid eating sticky foods (especially gum) and hard foods, and if possible, chew only on the opposite side of your mouth. Do not floss the area surrounding the temporary. It is important to continue to brush normally and even spend a little extra time around your temporary.

On rare occasions, temporary crowns and bridges may come off. If this occurs, do not throw this temporary away, and do not attempt to place it back in yourself. Please call us so that we can schedule a time for you to come into the office for the dentist to put it into place. It is important that a temporary remains in place to avoid movement of adjacent teeth or a change in your bite.

Possible need for root canal treatment:

The following may be a sign of a tooth needing root canal therapy:

- Hot sensitivity that lasts longer than a few weeks or that starts after your tooth felt just fine
- Cold sensitivity that lingers for a few minutes (one sharp initial sensitivity to cold is not always a sign that other treatment is needed)
- Hurts to chew
- Spontaneous pain
- Throbbing when you change positions such as lying down or bending to tie your shoe

The most common problem patients experience is that the temporary is high. When you are numb, you do not always bite correctly. Although your bite may have been adjusted at the time the crown or bridge was cemented, you may bite differently once you are no longer numb.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at **(847)524-0488**.