

## Post-Operative Instructions for Fixed Prosthetics (Crowns and Bridges)



### ***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 some discomfort in the gums around the tooth after the anesthetic wears off due to the procedure.

If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. Tylenol or Ibuprofen (Advil) will help to increase your comfort.

### ***Temporary:***

Having a crown or bridge made for you will take multiple appointments. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation and is placed on the tooth/teeth while the final restoration 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 teeth and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult. If your bite feels unbalanced or the temporary crown feels high once the numbness wears off, please be sure to call the office for an appointment to have this adjusted.

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

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 the office so it can be recemented.

### ***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 to have the bite adjusted.

### ***Home Care:***

Although crowns and bridges are often the most durable of all restorations, **the underlying tooth is still vulnerable to decay**, especially at the interface between the tooth and the crown. It is important to resume regular brushing and flossing immediately. Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the longevity of your new restoration.