

## Crown and Bridge After Care

### Sensitivity

Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold food and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off.

If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz glass of warm water. An analgesic such as Tylenol or ibuprofen will help to increase your comfort.

### Your Temporary

Having a crown or bridge made for you will take 2 visits. A temporary will be made on the first visit. The temp serves important purposes. It protects the exposed tooth so it is less sensitive and prevents the tooth from shifting or moving. If your bite feels unbalanced or the temp crown feels high once your tooth wakes up from the anesthetic, please be sure to call our office for an appointment for a simple adjustment.

The temporary is placed with temporary 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 it does come off between appointments, slip it back on and call our office so we can recement it for you. A little Vaseline, denture adhesive, or over the counter temp cement (like Dentatemp from a pharmacy) placed inside the crown can help to hold it in place in the interim.

### Final (Permanent) Crown or Bridge

If you feel your bite is unbalanced or high after the cementation of your new crown or bridge, please call our office for an appointment for a simple adjustment. You will be able to eat on your new restoration immediately (make sure you are not numb!).

### Home Care

**Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips, tongue, and cheeks.** 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 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; and of course staying regular with your dental checkup and cleanings!