



Post - Procedure Instructions Crown and/or Bridge Preparation

- ◆ Crowns and bridges usually take two to three appointments to complete. On the first appointment, the teeth are prepared and a precision impression is made of the tooth/teeth. The impression is used to custom fabricate your restoration(s). A temporary crown or bridge is placed to protect the teeth and maintain the position of the teeth while the custom restoration is being made.
- ◆ On rare occasions, temporary crowns or bridges may come off before your appointment to cement the final crown or bridge -- they are, after all, *made* to be removed easily without damaging the tooth. If this happens, keep the temporary crown or bridge in a safe, clean place and **CALL US IMMEDIATELY** at **753-7507** or if it is after-hours, please call the office cell phone **636-2205**. We will arrange to see you and recement the temporary within a few days or if you are in discomfort, we'll see you sooner. It is very important for the proper fit of your final restoration(s) that your temporary(ies) stays in place the majority of the time you have it (them) in.
- ◆ To help keep your temporary (ies) in place, avoid eating crunchy (peanut brittle, pretzels, hard cereals, etc.), sticky (gum, caramels, candy, most breads including rolls) or chewy (tough steak or meat) foods, and if possible chew only on the opposite side of the mouth.
- ◆ If you have a temporary(ies) in the front of your mouth please be especially careful not to bite into any foods. Please make sure that you cut your food into a bite size piece before it reaches your mouth. The biting into and pulling of the food could cause the temporary(ies) to come off or even break.
- ◆ After each appointment when anesthetic has been used, your lips, cheek and tongue may be numb for several hours after the appointment. To prevent injury, avoid any chewing until the numbness has completely worn off.
- ◆ It is normal to experience mild hot, cold and pressure sensitivity after each appointment. Your gums may be sore for a few days. If necessary, rinse three times a day with warm salt water (add a tsp. of salt to a cup of warm water, then rinse, swish gently and spit) to reduce pain and swelling. Use medication only as directed.
- ◆ It is important to continue to brush normally, but floss very carefully and remove the floss *from the side* in the area of your temporary (ies) to prevent removal of the temporary (ies).
- ◆ If your bite feels uneven, if you have pain or persistent discomfort, or you have **any** other questions or concerns, **PLEASE CALL** our office at **753-7507** or if it's not during our office business hours, call our office cell phone at **636-2205**.