



Garden Oaks Family and Cosmetic Dentistry

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Crowns/Bridges – Post-op Instructions

A crown is a restoration that covers, or caps, a tooth to restore that tooth to optimum shape, size, strength, comfort, function and appearance. Bridges fill the space of a missing tooth by attaching to adjacent teeth with crowns.

WHAT TO EXPECT

- A provisional crown is fabricated and placed over the tooth to protect it. If this provisional crown comes off, please call the office, as it must be recemented within 72 hours. Failure to keep the provisional crown on the prepared tooth could result in the final restoration not seating properly. If you are out-of-town, put the temp crown back on with toothpaste until you are back in the area.
- The local anesthetic will take from 30 minutes to several hours to wear off. Take care not to accidentally bite your cheek, lip or tongue.
- When crowns are initially placed, they may feel a little unnatural, especially if they are replacing teeth that have been broken or missing for a long time. The mouth is very sensitive to any changes in shape, size or texture. . If it feels as though you are hitting on this tooth first before any others (When you are numb you do not always bite the same way you normally do), call the office to have it adjusted as this will not go away and will further irritate the tooth. This appointment will only take 5-10 minutes.

RECOMMENDATIONS

- Take care of the provisional crowns like you do your other teeth. Thorough brushing and flossing are necessary to help the tooth heal following the preparation appointment. When flossing, pull the floss out the side, rather than popping it back up (down) to prevent dislodging the provisional crown. If the gum tissues around the tooth are tender, rinse with warm salt-water (2 tsp salt in 8oz water) 2-4 times per day to speed healing.
- Do not chew on the final crowns for at least 2 hours after your appointment, to allow the cement to fully set. Avoid very hard (nuts, chips) or very sticky things (caramels, jolly rancher candy, gum) on the temporary crowns as long as they are in place.
- If the crown feels “high”, or the bite does not feel natural, call the office to have it adjusted. This will only take a minute, and will not require numbing. If the bite feels high, this will not “go away” with more time, and can make the tooth very sore if not adjusted.
- The teeth may be a little sensitive, especially to cold, due to irritation from working on the teeth, but this should go away in a few days. Sensodyne or another cold sensitive brand of toothpaste will help.
- Spontaneous throbbing, or abnormal sensitivity, can indicate a problem with the nerve of the tooth. Call my office for instructions.