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Family, Cosmetic and Implant Dentistry
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Post-Op: Crown and Bridge Work

ACTIVITY: After leaving our office today, we suggest you consider relaxing or at least limiting your activity for an hour or two. Avoid strenuous activity and all aerobic exercise today, such as running, tennis, lifting weights etc.

DISCOMFORT: It is normal to experience some hot, cold or pressure sensitivity after each crown and bridge appointment. Your gums may also be sore for several days. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic ibuprofen) every six hours is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen, or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

ORAL HYGIENE: It is important to continue to brush normally to keep the area clean. You may carefully floss a temporary crown or bridge by pulling the floss down through the contact and then straight out. Do not floss up and down as usual as this may dislodge the temporary crown.

EATING AND DRINKING: After each appointment when an anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. To help keep your temporary in place, avoid eating sticky and hard foods, and, if possible, chew only on the opposite side of your mouth. If your bite does not feel balanced and even, please call our office.

TEMPORARY CROWN: Temporary crowns are in place for about 3 weeks while the permanent crown is being made. The temporary protects the tooth and holds the position until the permanent crown can be cemented. Occasionally, temporary crowns come off. Call us if this happens and keep the temporary so we can re-cement it. A tooth with an intact nerve (no root canal) may be a little sensitive after a crown preparation has been completed. This is normal and is to be expected.

PERMANENT CROWN: Your permanent crown is checked for fit and then cemented. You can eat on your crown immediately. It is not uncommon for the permanent crown to be a little cold sensitive for a few weeks afterwards. A balanced bite is important so please be sure to inform us if you feel you have a "high" bite. It is also important to have your new crown checked regularly and cleaned at your hygiene appointments.