

What Should I Do After Having A Crown, Bridge, Or Temp Cap Placed.

After tooth preparation it is possible that your prepared tooth could be sensitive to temperature, certain foods or sweets. This is in part due to the fact that the temporary does not fit your mouth like your final crown. This does not happen in every case. The sensitivity may only last for 3 to 5 days.

You may wish to take a mild medication for discomfort, such as Motrin or Tylenol before the anesthetic wears off. Do not take any medication to which you are allergic. In the event that the discomfort does not subside after taking a mild medication, or if the medication does not provide relief, do not hesitate to call our office.

Please inform us if the restoration feels "high" to your bite. If it seems that the restoration contacts before your other teeth when you chew or close, or contacts heavier than your other teeth, it can make the tooth sensitive.

The temporary cement requires about 30 minutes to set. Please do not chew during that period of time. It is advisable to refrain from eating until you are no longer numb. You may however, eat or drink anything that does not require chewing. Certain foods will stick to the temporary crown. So please refrain from chewing gum or other candies or foods that might stick to the crown—or even pull it out. Minimize use of the side of your mouth with the temporary crown. Shift the bulk of your chewing to the other side of your mouth. Avoid chewing hard or crunchy foods (such as raw vegetables), which could dislodge or break the crown.

Temporary crowns are not strong. They may occasionally break or come off. If this should happen to you please contact our office immediately, bring your crown with you and we will replace it. Should you be unable to contact us, simply go to a pharmacy and get some Fixodent (denture adhesive). Replace the temporary crown on your tooth using the Fixodent to hold it in place until you can contact us.

Caution: If the temporary crown seems as though it will not stay in place securely, do not wear it when you sleep.

Your gum tissue may be tender for a short time after treatment. Keep them as clean as possible to avoid further irritation. It is advisable to soak the area with warm salt water (one quarter to one half teaspoon of salt to eight ounces of warm water). Hold a mouthful at a time for five seconds on the gum area and spit out. Repeat this with the rest of the salt water. Warm saltwater soaks should be done at least twice daily. For a minimum of five days, but doing this each day until you return is better.

Your final crown/bridge has been tried in, adjusted and cemented or bonded. Do not chew hard or sticky foods on the restorations for 24 hours from the time they are cemented. The cement must mature to have optimum strength. You can, however,

brush and floss as usual.

If you have received a local anesthetic, it is advisable to refrain from eating until you are no longer numb. You may however, eat or drink anything that does not require chewing. You may, if you wish, take a mild medication for discomfort, such as Advil, before the anesthetic wears off. Do not take any medication to which you are allergic. It is unlikely that you will experience any more than mild, transient sensitivity. However, in the event that the discomfort does not subside after taking a mild medication, or if the medication does not provide relief, do not hesitate to call our office.

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If you received a final bridge, you were instructed on how to clean underneath the replacement tooth or teeth using a floss threaded or super-floss. If you have any questions, please do not hesitate to ask us. It is important to clean under the bridge area regularly to avoid future tooth decay or gum soreness