

CROWN PREP

Post Operative Instructions

Your tooth needed a crown due to a fracture, large cavity and/or worn out filling. A crown can help save this tooth for a lifetime!

- Don't eat until the numbness is gone. You might bite your cheek or lip. You can drink anytime.
- You have a plastic temporary crown until the permanent one is ready. Do not chew hard or crunchy foods on this plastic shell, it may split the plastic.
- Do not chew gum or sticky candy. These can pull the plastic shell loose or completely off. If your temporary comes loose you must call the office. If your temporary comes off it can cause a problem with your permanent crown or damage the tooth underneath it.
- This is a minor surgery. As with any surgery, you may have discomfort. You might have hot or cold sensitivity for about one week. If you have either strong pain, or irritation lasting longer than a week, please call the office. Advil or Tylenol usually works well to keep you comfortable.
- You may have had laser gum modification as well. Do not floss for the first week. Warm salt water and gentle cleaning are best. Please still brush the area. If it bleeds easily, be less vigorous.
- Your bite should feel balanced. Afterwards, if it does not, please call the office for a quick adjustment when you are not numb. If it has a high spot it may crack the temporary crown or give you a toothache.
- Use a hot/warm washcloth over the injection site to soothe the muscles.

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CROWNS AND BRIDGEWORK

Temporary Restorations

- Temporary crowns are usually placed while permanent restorations are being constructed.
- They are fragile and easily broken or lost since they are cemented with temporary cement.
- Avoid chewing on them as much as possible.
- Avoid sticky or gummy foods.
- When flossing, avoid the area, or floss according to instructions given at the office.
- If temporary comes loose, place back on with sugarless gum, candlewax or denture powder and call the office for replacement. **It is very important that temporaries be replaced when they come off in order to prevent tooth movement and sensitivity.**

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- The jaw muscles may be sore from lengthy opening and from anesthetic injections.
- Hot packs applied to the face just in front of the ears ease jaw soreness.
- Tenderness may also be present in gum tissue around teeth being prepared for crowns or teeth recently crowned.
- Warm salt water rinses reduces gum soreness.
- Aspirin or comparable over-the-counter pain medication may be taken if the doctor has not given you a prescription.
- If pain is severe, gum soreness persists, or swelling occurs, immediate treatment is necessary.
- Some temperature and pressure sensitivity immediately following placement of crowns and bridgework is normal and will be of short duration.
- Proper oral hygiene and regular checkups with the hygienist are **critical** for success of these restorations.

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BONDED, CROWN OR INLAY

Post Operative Instructions

Congratulations, you have just had a state-of-the-art restoration placed. This is done to properly repair the damage in the tooth with the strongest, most conservative and most esthetic approach possible.

- The cement is hardened when you leave our office. There is no need to “baby” it.
- You may experience some hot or cold sensitivity for a few days. If it does not become normal within a few days, call the office.
- The gum may feel sore for a few days. Do not be overly vigorous at first if the gum is sensitive. As the gum toughens you will need to brush and floss well.
- This is a porcelain restoration. ANY material can be broken. Do not bite excessively hard foods on this tooth, normal chewing is fine.
- You need to clean this tooth well; this includes brushing all sides and flossing in between areas. Not cleaning well will reduce the lifespan of this restoration.
- It may feel tight or squeezed in next to the neighbor teeth. This sensation will go away after a few days. It will not move your other teeth.
- Your restoration should feel very comfortable to bite on. If after a few days you have ANY hesitation or restriction to chew on it, you need to call the office or you may risk permanently damaging the tooth or the new porcelain.
- The restoration should feel very smooth. If ANYTHING bothers your tongue, call so that we can correct it right away.

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CROWN CEMENTATION AFTERCARE

- It is our goal for your new tooth to be as natural as possible. If you have ANY reservation about the final results, please call us. Because so many people do so well, we will assume that you are fine unless you contact us.
- The cement will take about 4 hours to fully set. Pretend this crown is still temporary through as many meals that overlap that time.
- After the cement is fully hardened, you will need to clean the crown well. The longevity of a crown is directly influenced by your home care. You must clean it well on all 4 sides (the cheek and tongue sides and the 2 flossing/toothpicking sides). Too many crowns are replaced because they are not cleaned well at home and they develop decay again.
- Your bite will feel harder on the final crown than what you had with your temporary. The temporary bite was intentionally light. The final bite pressure should be back to full force. Do not be overly concerned about noticing biting pressure today. If pressure persists beyond a few days, then call the office so that we can refine the pressure.
- Your bite should feel strong and natural. If you develop ANY hesitancy to bite on your new tooth, you MUST call us. Otherwise you run the risk of permanently damaging the nerve (and may need a root canal treatment) or damaging the crown.
- Beware of very sticky candy; it can pull off almost any crown (caramels, Jolly Ranchers, etc.).
- Some Crowns feel “squeezed in” between the neighbor teeth. This is usually a temporary sensation and resolves within a day or two.
- We want you to have GREAT results, please call us if you have anything less!

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