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Instructions for Home Care of Permanent Crown or Bridge:

1. Bite on the cotton roll for 5 minutes.
2. Do not floss or eat stick food for 24 hours.
3. After 24 hours, if you are trying to floss and you can't, it is because there is still extra cement stuck between the crown and the teeth on either side of the crown. This cement may take a few days to come off so keep trying gently and you will be able to eventually floss.
4. In addition, while you are trying to floss, you may see very white pieces of particles that come out. This is more than likely the extra cement that is stuck between the crown and its neighboring tooth.

Please call the office if you have any questions.