

**POST OP CARE INSTRUCTIONS FOR CROWNS & BRIDGES**

• Your tooth/teeth area will be a little sore around the prep area(s) for 7–10 days. The soreness will mostly be around the gum tissue.

• Your jaw may be a little sore due to the anesthetic injections.

• Try to cleanse the area by using warm salt water for the next few days.

• When brushing or flossing your teeth, gently brush for the next few days. Try to avoid any vigorous stimulation on your gums. This will help the gums heal a lot quicker.

• Take 2-3 tablets of either, Motrin or Advil, every 4–5 hours or Aleve twice a day for the first few days. This will help with any discomfort or inflammation you may have.

• If you’re unable to take any of these items listed above, then take Tylenol. However, it will not help with the inflammation.

• The personalized restoration (temporary crown) is only placed with temporary cement. Hard crunchy or sticky foods could displace or break the temporary crown and should be avoided.

 • It is best to eat soft foods and to avoid vigorous chewing around the prepared area, as the prepped tooth needs to heal.

**Sensitivity**: Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Ibuprofen (Advil) will help to increase your comfort.

**Temporary:** Having a crown or bridge made for you will take multiple appointments. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation and is placed on the teeth while the final restoration is being made. The temporary serves a very important purpose. It protects the exposed tooth so it is less sensitive, prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult. If your bite feels unbalanced or the temporary crown feels high once your tooth wakes up from the anesthetic, please be sure to call our office for an appointment for a simple adjustment The temporary is placed with very lightweight cement that is designed to come off easily so avoid chewing sticky foods or crunchy foods that could dislodge or break the temporary crown Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to pull the floss through the contact rather than lift up on the temporary so you don’t accidentally loosen the temporary. If your temporary comes off between appointments, slip it back on and call our office so that we can recement it for you. A little Vaseline, denture adhesive or a crown repair kit material from the pharmacy placed inside the crown can help to hold it in place in the interim.

**Final Crown or Bridge**

After the final cementation of your restoration, it may take a few days to get used to the new crown or bridge. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

**Home Care:** Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips and cheeks. Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the longevity of your new restoration.

If you have any throbbing pain over the next 24 hours, please call our office to be seen and be further evaluated.

**For Bridges:**

* Use superfloss and floss threaders to keep the area between the artificial tooth and your gums free of plaque. Superfloss has a stiff end that helps you pass it through tight areas. It also has a fuzzy, tufted segment that removes plaque and food particles from your gums and the bridge as you floss. Just insert the superfloss between the bridge and your gums, and floss the area completely.
* A floss threader has one thin, stiff end and a loop through which you can thread dental floss. To use a floss threader, pull about 18 inches of floss through the floss threader, and then insert the threader into the tight spots between the bridge and your gums. Pull the threader until the floss is under your bridge, remove the threader from your mouth, and then use the dental floss as you normally would.

**Cerec Crown:**

 A Cerec is an all ceramic crown completed in one visit, along with being the finest restoration that advanced technology has to offer.

**Sensitivity** - Mild to moderate sensitivity to hot and cold food or drink is expected following placement of any bonded dental restoration. Typically, this sensitivity gradually diminishes over a period of a few weeks. Gum Tissue along with the anesthetic injection site can be sore for a few days. A very small percentage display sensitivity that persists for longer periods of time. If this continues for more than six weeks, please contact our office.

**Chewing** – Avoid chewing hard foods for 24 hours in order to allow the bonding to achieve its maximum strength. Your Bite – It is not unusual for your bite to be off balance. We adjust the bite immediately after placing the restoration, however the numb feeling often does not allow for proper refinement of the bite at the time of appointment. Contact us to arrange the best time for you to come in for a quick adjustment.

**Continued Care** – To keep your Cerec in top condition, visit us for routine hygiene visits. Often, small problems that can develop around the restorations can be corrected if found early. The most common reason for failure of any restoration is failure to return for routine hygiene visits. Continued care and routine check ups will ensure years of dental quality.

**IMPLANT SUPPORTED CROWNS**

**Protecting your implants**

Now that final restorations have been placed on your implants, it’s important to follow these recommendations to ensure their success.

* Avoid using any tobacco products. Ideally, you should quit altogether because tobacco slows healing and increases the risk that your body will reject the implants. Tobacco is the leading cause of implant failure.
* Avoid grinding and clenching your teeth because this can damage the implants and restorations. If grinding and clenching continue to be a problem, we may need to adjust the restorations or have you wear a night guard.

**Chewing and eating**

* If we used anesthetic during the procedure, avoid chewing until the numbness has worn off completely.
* To protect your implants and restorations, avoid chewing ice and other hard objects.

**Brushing and flossing**

* Brush and floss around your implants thoroughly but gently. We may recommend special floss, brushes, mouth rinses, or other cleaning aids to keep the area free of bacteria.
* Brush and floss your gums and natural teeth normally.

**Medication and discomfort**

* Take antibiotics or other medications only as directed.
* To reduce discomfort or swelling, rinse your mouth three times a day for two weeks with warm salt water. Use about one teaspoon of salt per glass of warm water. It’s normal for your gums to be sore and swollen for a few days.\*

**When to call us**

* At times the screw holding the restoration may become loose or your bite may feel uneven. Please call us, so we can adjust them.
* Also, call us if you have persistent swelling or discomfort, or if you have any questions or concerns.

\* If you suffer from high blood pressure, please consult with your physician before using a warm salt water rinse.