

POST-OP INSTRUCTIONS

CROWNS & BRIDGES

Temporary crowns or bridges are placed to protect the teeth while your custom restoration is being made. Your tongue, lips, and roof of the mouth may be numb. Please refrain from eating and drinking hot beverages until the numbness has completely worn off.

You should consume soft foods for the first 24 hours. Avoid hard, crunchy foods, and sticky foods to prevent your temporary from breaking or coming off. Here are a few examples of what to eat:

- Jello
- Apple Sauce
- Greek Yogurt
- Scrambled Eggs
- Mashed Potatoes
- Oatmeal
- Cooled Soup
- Macaroni and Cheese
- Ice Cream
- Pudding
- Chicken finely chopped
- Ground Beef

If you have temporary crowns on the front teeth, it is recommended to cut up the food and chew with your back teeth. You should avoid biting into your food.

It is important to brush regularly and to floss carefully by pulling the floss through, rather than up, to avoid dislodging the temporary crown.

Your temporary plays an important role in protecting your tooth and holding the space for your permanent crown or bridge. Should it need recementing or becomes damaged please contact our office and we will be happy to recement or repair it.

Should the gums around the temporary crown become sensitive, rinse 4 times a day with a warm salt water solution ($\frac{1}{2}$ tsp salt to $\frac{1}{2}$ cup water).

It is normal to experience some temperature and pressure sensitivity. This should subside a few weeks after placement of the final restoration. Pain medication, such as ibuprofen, may be used to alleviate any discomfort. If your pain gets progressively worse or is causing more than mild discomfort, please contact the office.