

## **Post Operative Instructions for Crown or Bridge Preparations**

**Temporary Crown or Bridge:** You will be wearing a temporary crown or bridge for approximately two to three weeks. Be carefully with the temporary as to not break or dislodge it. If the temporary does dislodge or break call the office to make arrangements to have the temporary re-cemented. If you leave the temporary off this may result in a shift of the teeth and cause an improper fit of the permanent crown or bridge.

**Eating:** Do not chew on the side of the temporary crown or bridge. Avoid sticky food or tough to chew foods. This is to prevent breaking or dislodging the temporary.

**Tissue:** You may notice the tissue around the treated area may be red and inflamed. This is normal for the first few days and should improve over the course of a week or two. You can rinse with warm salt water 4 to 5 times per day for the first 48 hours to help heal the area quicker. (2 tsps of salt to a small glass of warm water - swish your mouth for 1 to 2 minutes).

**Discomfort:** The tooth may be tender, sore and achy for the first few days following the procedure, this is normal, take a few ibuprofen tabs if necessary. This tenderness and achiness should go away after the first few days and improve as the week goes on. If any of the following symptoms worsen or persist call the office: The tooth starts to keep you up at night due to pain, chewing on the tooth causes the tooth severe pain, or it starts throbbing and aching more. If you continue to need pain medication for your tooth, it may require root canal treatment.

**Home Care:** Continue to brush your teeth as normal but brush the temporary crown or bridge gentler. After using the warm salt water rinses for the first 48 hours you may start to use a mouth rinse like Listerine, Scope or Crest Pro Health for the remainder of the time you have the temporary on.

**Flossing:** Try not to floss the area, however if you must use floss bring the floss through between the teeth and pull it out sideways. This will prevent dislodging the temporary.

**Real Crown or Bridge:** You will be returning to our office within 2-3 weeks for the placement of the permanent crown or bridge. Rest assured the real crown or bridge will look and feel better than the temporary.