

CROWN OR BRIDGE POST-OP INSTRUCTIONS

If you recently received a crown or bridge at our office, please read the following to ensure proper healing and long-lasting results.

WHAT TO EXPECT

Numbness: Your mouth may remain numb for **several hours**. Avoid chewing, drinking hot liquids, or biting your lips/cheeks until the numbness fully wears off.

- Once the numbness wears off, feel around with your tongue to make sure everything feels smooth. There should be no rough spots or sharp edges. If there are, please call or text our office.

Eating and Drinking

- Temporary crown(s)/bridge:
 - Your temporary crown(s) is made with composite or acrylic material and cemented with temporary cement, so it is pertinent to avoid eating hard, sticky, crunchy, or chewy foods with your temporary crown(s) to avoid breaking or dislodging your temporary crown(s).
 - If your temporary crown(s) comes off, save it and please call or text our office. If it is after hours or over the weekend, you can use a small amount of toothpaste (not gel) or an over-the-counter temporary cement as a temporary fix until you can get in to see us. **DO NOT USE SUPERGLUE!!!!**
- Permanent crown(s)/bridge:
 - Start with softer foods until your comfort returns.
 - Please wait **24 hours** before eating anything super sticky or chewy to ensure the cement has fully hardened. After that you can eat or drink like normal. Please keep in mind that super sticky foods, i.e. tootsie rolls, caramels, hard gummies/candies can cause your permanent crown to come loose.

Oral Care

- Temporary crown(s)/bridge:
 - Do not use an electric toothbrush or Waterpik in the area of your temporary crown(s).
 - When flossing do not pull up through the contact of the temporary crown(s) to avoid dislodging it. Instead floss down through the contact and then pull the floss out the side. Do not use floss picks as there is no way to pull the floss through the side.
 - If you have more than one crown and they are connected to each other, or you have a bridge you will not be able to floss like normal. You will need to use a floss threader or Superfloss to floss under the contact. Be careful NOT to make an upward motion with the floss to avoid dislodging anything.
 - If you have an existing occlusal guard, night guard, or retainer that you forgot to bring to your appointment make sure it fits around your temporary crown(s) or bridge. It is possible to pull the crown(s) or bridge off if your appliance is too tight. If you are unsure or would like us to have a look, please call or text our office.

Permanent crown(s)/bridge:

- Brush and floss normally unless directed otherwise.
- If you have a bridge, you will need to use a floss threader or Superfloss to floss under the bridge. A Waterpik is also a great way to clean around a bridge, but it does not replace normal flossing.
- Keep the area clean to help the tooth and gums heal.

- If you have an existing occlusal guard, night guard, or retainer that you forgot to bring to your appointment make sure it fits around your new crown or bridge. If adjustments are needed, please call or text our office. Please note that in some cases a new appliance (night guard, retainer, etc..) may be necessary.

Discomfort, pain, or sensitivity:

- What is normal:
 - Mild cold sensitivity that does not linger and continues to improve over time.
 - Mild discomfort and bleeding in the gums around the crown(s) or bridge.
 - Mild soreness at the injection site(s).
 - Floss should move smoothly between teeth without catching or tearing, though some soreness while flossing may occur during the initial weeks.
 - There should be solid contact and no spaces between your crown(s) or bridge and the surrounding teeth.
- Please call or text our office if:
 - The cold sensitivity is extreme
 - The cold sensitivity lingers for longer than **5-10 seconds**
 - The cold sensitivity persists for more than **6-8 weeks**
 - The tooth has hot sensitivity
 - The tooth has spontaneous pain
 - The tooth pain wakes you up at night
 - If your bite feels "high" or uncomfortable once the numbness wears off
 - **DO NOT WAIT TO CALL OR TEXT!** The bite will not get better over time. An uneven bite can cause pain or damage the crown. You should have the bite adjusted within **2 weeks**. Avoid hard or chewy foods until it is adjusted to prevent further inflammation.
 - Gums that are still bleeding or are swollen after **2 weeks**
 - Soreness at the injection site(s) that lasts longer than **2 weeks**
 - Floss catches or tears or causes the gums to be sore for longer than **2 weeks**
 - You have any rough spots or sharp edges
 - You are getting food caught around the crown(s) or bridge. Note that this can sometimes be unavoidable with bridges
 - You have discomfort, pain or sensitivity that appears several weeks after your crown(s) or bridge is placed
- Sometimes pieces of retraction cord (string that goes around the tooth to get the gums out of the way) or cement can get stuck underneath the gums. We do everything we can to confirm cord and cement is removed but sometimes these things can hide. Signs of this are gums that won't stop bleeding or will not heal after **2 weeks**. If this occurs, please call or text our office.
- Please note that any time a restoration is placed on a tooth, your body will illicit an inflammatory response. Each individual person's response will vary. It can take some people longer for the inflammation to decrease than others.
 - If the decay was close to the nerve, your dentist should have told you. This will increase the risk that this inflammation becomes irreversible or causes the pulp (nerve and blood supply to the tooth) to die off, in which case root canal therapy may be needed.
 - In some situations, the root canal therapy can be completed at our office. In other situations, you may be referred out to an endodontist (a root canal specialist). In either situation, there may be additional fees which will be the patient's responsibility.

Pain Management

- To minimize pain, over-the-counter medications can be taken as long as you do not have any allergies to them or have any other medical contraindications. Take **600-800mg** ibuprofen (**Motrin, Advil**) every **6-8 hours** and **500mg** acetaminophen (**Tylenol**) every **4 hours** as needed for pain. An example of this is below:

0 hr	4 hr	8 hr	12 hr	16 hr	20 hr	24 hr
Ibuprofen		Ibuprofen		Ibuprofen		Ibuprofen
Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol

- All medications should not exceed the recommended dosage.
- For children, please reference medication bottle for appropriate dosage based on weight.
- It is important to take medication before the numbness wears off.
- Warm saltwater rinses ($\frac{1}{2}$ teaspoon salt in 8 oz of warm water) can help the soft tissue heal. Gently rinse with warm salt water for **30-60 seconds** and spit **2-3 times** a day or after every meal.

WARRANTY

We are committed to providing high-quality dental care with lasting results. To ensure peace of mind, we offer a **5-year** limited warranty on all our crowns and bridges, provided patients maintain regular dental care and follow recommended guidelines.

Warranty Eligibility Requirements

To keep your warranty active, you must:

- Maintain routine exams and cleanings at least twice a year and x-rays at least once per year (or as recommended).
- Follow all oral hygiene instructions provided by our dental team.
- Wear prescribed night guards, retainers, or other appliances as directed.
- Keep financial accounts with our office in good standing.
- Notify our office promptly of any issues or discomfort related to the treatment.
- Avoid habits that compromise dental work such as smoking, nail biting, chewing ice, or using teeth to open objects.
- Consent to recommended follow-up care, adjustments, or re-evaluations when clinically indicated.

Warranty Exclusions

The warranty does not cover:

- Damage from trauma, accidents, or misuse.
- Normal wear and tear beyond expected clinical lifespan.
- Decay or infection under restorations due to poor hygiene or missed appointments.
- Loss or irreparable damage to removable appliances (i.e. retainers, guards, dentures).
- Failure to follow post-treatment instructions.
- Refusal of recommended adjunctive care related to treatment (i.e. occlusal guard to protect restorations)
- Treatments performed or altered by another provider outside our practice.

If you have any questions or concerns, please don't hesitate to call or text our office at **(303) 237-1553**. We are here to ensure your comfort and care!