



Patient Care Instructions for Crowns or Bridges

Today your permanent crown or bridge has been cemented. We have put together some home care instructions for you to refer to.

Gum Care

Brush and floss the area to maintain cleanliness. If gums are tender to brushing and or flossing, warm saltwater rinses will promote healing. Rinse as often as possible with 1 teaspoon of salt in 8oz. of lukewarm water for 1 week. Gums that are not kept clean become easily infected causing an increase in discomfort and prolonged healing.

Hot and Cold Sensitivity

Sensitivity is normal, but should not last more than 10 seconds. Slight thermal sensitivity is considered normal for up to 6 months. If you are having discomfort after exposure to hot and/or cold that lasts longer than 10 seconds, please contact the office as further work may be indicated.

Medication

Post-operative soreness is normal. The medicines listed below will reduce and minimize minor discomfort.

Ibuprofen: 400-600mg every 4 hours (Advil/Motrin)

Tylenol: 1000mg every 6 hours (Tylenol is a brand name for Acetaminophen)

If you have been given a prescription strength medication, please take as directed. If you notice an adverse reaction to any prescribed medication, please stop taking it immediately. Call the office for a different medication, as you may be having an allergic reaction.

Checking the Bite

After the local anesthetic wears off, please check your bite. Occasionally the bite feels off after full sensation returns. If this occurs, an adjustment may be needed. Please call the office for an appointment to restore your bite to normal.

Note

Please note that approximately 10% of cracked teeth that have new crowns over them, will eventually need a root canal. If you notice extreme sensitivity, please let us know.

Please wait 30 minutes after cementation to eat.

Please call the office at 373-0018 if you have any questions, or need more information